

**Total Momma Sanctuary**

**12002 S Rural Rd. Tempe, AZ 85284**

**480.466.2004**

**Mom & Tot Movement** – Get up and get moving with your mobile child! Class will incorporate yoga based songs, games and stories for the kids and fitness for mom too!

**\*Babywearing Body Sculpt** - Wear your baby AND get a phenomenal workout in at the same time! All you need is a carrier baby can ride in comfortably and a head-holding baby (toddlers ok too!) \*Please no ring slings, and carriers should properly support baby’s bottom up the back of the legs, just like sitting in a chair (if you need assistance with carriers, just ask!)

**\*Total Body Yoga Fusion** – This is a hybrid class that incorporates yoga asana with breath and movement to increase focus, plyometrics to rev up the heart rate and speed up metabolism, and the use of light hand weights to sculpt, tone and strengthen. You will be encouraged, challenged, and empowered!

**\*Child care is available with RSVP. \$2/child please, we can only accommodate mobile children at this time. Infants may remain with mom.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
		Mom & Tot 10:30-11:15 am			Babywearing Body Sculpt* 3:45-4:30 pm	Total Body Yoga Fusion* 10:30-11:30 am
7	8	9	10	11	12	13
One class for the month = \$30 Two Classes for the month = \$50 All classes for the month = \$60 Drop-in with RSVP = \$8 <i>Personal Training clients attend classes for free!</i>		Mom & Tot 10-10:45 am			Babywearing Body Sculpt* 3:45-4:30 pm	Total Body Yoga Fusion* 10:30-11:30 am
		16	17	18	19	20
		Mom & Tot 10-10:45 am			Babywearing Body Sculpt* 3:45-4:30 pm	Total Body Yoga Fusion* 10:30-11:30 am
21	22	23	24	25	26	27
		Mom & Tot 10-10:45 am			Babywearing Body Sculpt* 3:45-4:30 pm	Total Body Yoga Fusion* 10:30-11:30 am
28	29	30	31			
		Mom & Tot 10-10:45 am				

Sample each class to try it out before committing! However, due to size limitations it is imperative that you RSVP. Email [yogikoren@gmail.com](mailto:yogikoren@gmail.com) or call/text 480.466.2004