

June

06 / 2024



- 6/12 HypnoBirthing Info Session
- 6/12 Breastfeeding 101
- 6/18 Spinning Babies
- 6/19 Meet The Doula
- 6/20 Postpartum Mama Care
- 6/22 New Parent Partner Class
- 6/23 Infant Massage Workshop
- 6/26 Empowered Communication
- 6/26 Doula Services Info Session
- 6/27 Infant CPR
- 6/29 Welcome Home Baby

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 HypnoBirthing - Class 1 10A-12:30P Dancing For Birth 2-3PM Pelvic Floor Workshop 3:30-6:30PM
2 HypnoBirthing Class 1 10AM-12:30PM ZOOM	3	4 HypnoBirthing Class 4 7PM-9:30PM	5	6 Pre/Postnatal Pilates 1:30-2:30PM HBCE Training 9A-5P	7 HBCE Training 9A-5P	8 HypnoBirthing - Class 2 10A-12:30P Dancing For Birth 2-3PM HBCE Training 9A-5P
9 HypnoBirthing Class 2 10AM-12:30PM ZOOM HypnoBirthing Class 1 1:30PM-4PM HBCE Training 9A-5P	10	11 HypnoBirthing Class 5 7PM-9:30PM	12 Breastfeeding 101 6:30-8:30PM HypnoBirthing Info Session Zoom 7-8PM	13 Pre/Postnatal Pilates 1:30-2:30PM	14	15 HypnoBirthing - Class 3 10A-12:30P New Parent Partner 12-2PM ZOOM Dancing For Birth 2-3PM
16 HypnoBirthing Class 3 10AM-12:30PM ZOOM HypnoBirthing Class 2 1:30PM-4PM	17	18 Spinning Babies Class 6:30-9PM	19 Meet The Doula 7-9PM	20 Pre/Postnatal Pilates 1:30-2:30PM Postpartum Mama Care 6:30-9:30PM ZOOM	21	22 HypnoBirthing - Class 4 10A-12:30P Dancing For Birth 2-3PM
23 HypnoBirthing Class 4 10AM-12:30PM ZOOM HypnoBirthing Class 3 1:30PM-4PM Infant Massage Workshop 2:30-4PM	24	25 HypnoBirthing Class 1 7PM-9:30PM	26 Empowered Communication for Parenthood 8:00-9:30PM Zoom Doula Services Info Session Zoom 7-8PM	27 Pre/Postnatal Pilates 1:30-2:30PM Infant CPR 6:30-8PM	28	29 HypnoBirthing - Class 5 10A-12:30P Dancing For Birth 2-3PM Welcome Home Baby 3:30-6:30PM
30 HypnoBirthing Class 5 10AM-12:30PM ZOOM						

July

07 / 2024

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 Pre/Postnatal Pilates 1:30-2:30PM	5	6 Dancing For Birth 2-3PM
7 HypnoBirthing Class 5 1:30PM-4PM	8	9	10 Breastfeeding 101 6:30-8:30PM HypnoBirthing Info Session Zoom 7-8PM	11 Pre/Postnatal Pilates 1:30-2:30PM Traditional Childbirth Series Class 1 - 7-9PM	12 Spinning Babies 1-3:30PM	13 *NEW* Body Ready Method 1-5PM HypnoBirthing - Class 1 10A-12:30P
14 HypnoBirthing Class 1 10AM-12:30PM ZOOM HypnoBirthing Class 1 1:30PM-4PM	15	16	17 Meet The Doula 7-9PM	18 Pre/Postnatal Pilates 1:30-2:30PM Traditional Childbirth Series Class 2 - 7-9PM	19	20 Dancing For Birth 2-3PM HypnoBirthing - Class 2 10A-12:30P Pelvic Floor Workshop 3:30-6:30PM
21 HypnoBirthing Class 2 10AM-12:30PM ZOOM HypnoBirthing Class 2 1:30PM-4PM	22 Infant CPR 6:30-8PM Gentle Cesarean Prep 7-9PM ZOOM	23	24 Doula Services Info Session Zoom 7-8PM	25 Pre/Postnatal Pilates 1:30-2:30PM Traditional Childbirth Series Class 3 - 7-9PM	26	27 HypnoBirthing - Class 3 10A-12:30P Dancing For Birth 2-3PM Welcome Home Baby 3:30-6:30PM
28 HypnoBirthing Class 3 10AM-12:30PM ZOOM HypnoBirthing Class 3 1:30PM-4PM	29	30 Spinning Babies Class 6:30-9PM	31 Empowered Communication for Parenthood 8:00-9:30PM Zoom			