

Beautiful Birth Choices Grows & Relocates to New Yoga Studio & Learning Center

Beautiful Birth Choices is elated to announce the opening of its new Yoga Studio & Learning Center at 681 Winton Road North in Rochester. The “baby” of Christy Muscato and Julia Sittig, doulas and natural childbirth educators, Beautiful Birth Choices (BBC) has been informing and supporting families in the Rochester, NY area since 2009.

“When we started out as doulas & childbirth educators, we were teaching childbirth classes out of our homes, and now BBC has organically grown into a full circle of services,” says Christy Muscato, co-owner. “We loved the cozy feel of teaching classes at home and I think we have captured that essence in our new space - we want everyone to feel comfortable and embraced with support. The postpartum period is one of the most important times and we are very excited that BBC can walk with families during this huge transition.”

Formerly located on University Avenue, the new BBC space houses a Yoga Studio for Prenatal Yoga, Mommy & Baby Yoga, and Baby-Wearing Yoga. It also features a Learning Center, where expecting families can take childbirth & breastfeeding classes. With increased capacity for yoga and educational classes in the new space, BBC is now offering a variety of new classes, taught by the BBC team, local birth and lactation professionals, and educators. BBC is also offering a new membership program that will provide substantial benefits to members and make it possible for low-income families to attend childbirth classes through a scholarship fund.

Beautiful Birth Choices will be celebrating its Grand Opening on Thursday, March 15th from 4pm-8pm. The community is invited to this evening of celebration, music, food, door prizes, and exciting information on new classes and membership.

A mecca for expecting families, and a place for community to come together and celebrate birth, Beautiful Birth Choices hosts meetings for local doula groups, music & movement classes for children, workshops, trainings, CEU courses, and facilitates drop-in groups such as Mom2Mom and Breastfeeding Café. Find out more and register for classes at www.bbcroc.com.

"Our hope is that Beautiful Birth Choices will be a home base for newly expectant and growing families in the Greater Rochester area for years to come; we all have so much to offer each other, and working together with a great sense of community feeds our souls and keeps us moving," says Julia Sittig, co-owner. "BBC strives to be that place - that place where moms can be supported and heard, where partners can feel valued and encouraged, where families can grow together and learn throughout their pregnancy and parenting journey, bringing their stories full circle and sharing with their neighbors."

About Beautiful Birth Choices

At Beautiful Birth Choices, our goal is to help inform you about pregnancy, birth and postpartum, empower you in your choices for birth and support you in your birthing and parenting journey. Beautiful Birth Choices offers full-circle services for the childbearing year, including doula support, childbirth classes, prenatal yoga, mommy & baby yoga, breastfeeding classes, comfort measures classes, sibling classes and postpartum support. Located in Rochester, NY, Beautiful Birth Choices has been teaching and supporting families since 2009. Learn more about us at www.bbcroc.com.