



Dear Fellow Parents,

We hope you had a great vacation. We return with new energy and two new and special events as well as some other important information. See below for more info.

Also, we would like to thank Dr. Ursula Wallé for a fascinating and important Parent-to-Parent talk about women's healthcare in Germany.

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**\*NEW\* Berlin Yoga Conference – BMS event — May 13, 11am – 1pm**

At this very special event for BMS parents, you are welcome to join fellow BMS parent Devon Healey in the beautiful Avocai studio. We will start with yoga with yoga instructor Anastasia, followed by meditation with Devon to help you get into a more relaxed state, and then you can enjoy a healthy brunch buffet with special ingredients that help to restore and relax the body and mind even more.

Program:

11:00-11:50 Yoga with Anastasia

11:50-12:00 Meditation with Devon

12:00-13:00 Lunch Buffet at AVOCAI

**When:** Monday, May 13, 11am – 1pm

**Meeting Point:** Avocai, Brunnenstraße 165, 10119 Berlin

**Price:** €15 payable directly to the yoga studio via bank transfer to the following account.

Name: AnaShe Yoga UG

IBAN: DE41100500000190709367

BIC: BELADEVBXXX

Berliner Sparkasse

Purpose: BMS Community Event

**RSVP:** [metropolitanparents@gmail.com](mailto:metropolitanparents@gmail.com) spots are limited.

About the Berlin Yoga Conference May 24-26, 2019

The Berlin Yoga Conference is an international yoga event with workshops, lectures, music, arts, fashion, books, food and drinks. With a promo code "BMS" you can receive a 10% discount on the conference tickets. Find out more: <https://berlinyogaconference.org/>

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**\*NEW\* Parent-to-Parent Talk — Sustainable Fashion — May 27, 4pm**  
**Secondary students are welcome to join.**

Olga Johnston Antonova, BMS parent and founder of Circular Fashion Russia, will talk about the fashion industry today (its size, our consumption, etc.) and ecology. We will discuss the fashion industry as the second largest cause of pollution in the world and how that affects contributes to climate change. She will also talk about what we as consumers can do to reduce the negative impact on the world and create positivity wardrobes and change in the world.

**When:** Monday, May 27, 4pm

**Where:** BMS classroom TBD

**Price:** Donation

**RSVP:** [metropolitanparents@gmail.com](mailto:metropolitanparents@gmail.com)

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**Taste of Germany Wine Tasting — May 8, 1:30pm**

Take an afternoon off for an early Mother's Day treat, or simply for a little spring indulgence. At this wine tasting, we'll learn about four German wines while enjoying a light lunch at Vinothek, a small wine bar not far from BMS.

**When:** Wednesday, May 8, 1:30pm

**Meeting Point:** Vinothek Wine Bar, Gartenstraße 102

**Price:** €20 (wine tasting); food á-la-carte

**RSVP:** [metropolitanparents@gmail.com](mailto:metropolitanparents@gmail.com) (by May 6)

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*Here are more ways to meet other parents from the BMS community...*

**BMS Running Club**

The BMS Running Club runs between 7 and 8 km every Friday morning. Our typical route is through the Tiergarten and along the Spree. Everyone is welcome, regardless of speed. We are running for fun!

**When:** Fridays at 8:30am, meeting point: BMS reception (please confirm in advance)

**Distance:** 7 to 8 km

**Contact:** Julie Schoen: [julie@trackthetown.com](mailto:julie@trackthetown.com)

**BMS Freelancer Coffee Club**

BMS parents Celeste Gottfried & Sophie Chalumeau host a monthly coffee morning meet-up for freelancers, independent entrepreneurs, artists, and creatives. Let's get together to support and motivate each other.

**When:** First Thursday of every month. *Next Meeting:* Thursday May 2

**Location:** Distrikt Coffee, Bergstraße 68

**Contact:** Celeste Sunderland Gottfried: [celestegottfried@gmail.com](mailto:celestegottfried@gmail.com)

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*To stay up to date...*

**BMS Facebook Group:** Check it out here [BMS Parents](#).

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And as always, if you would like to get involved in any of our current or future initiatives; would like to host a Parent-to-Parent Talk; have ideas for workshops, clubs, spaces for sports lessons, or any other ideas for organized community activities, please contact us at [metropolitanparents@gmail.com](mailto:metropolitanparents@gmail.com).

Sincerely yours,

**MET@BMS**