

prenatal yoga

with chelsea downs



Thursdays, 5:15-6:30pm

six week semester dates:

March 18-April 22

Cost: \$80 for 6 weeks/\$15 drop-in

PRENATAL YOGA

This prenatal yoga class is for women at all stages of pregnancy. In this class you'll physically, mentally & emotionally prepare for childbirth. Learn to adjust to the physical changes to your body and manage discomforts. You'll gain strength, flexibility & self confidence. Gentle hatha yoga, kundalini, and dance movements will be shared along with breath work, imagery and meditation techniques. Learn to consciously focus on and spiritually experience your pregnancy. This delightful class will enhance your ability to relax & enjoy your pregnancy with other women. Please consult your physician or midwife prior to participation.

PRE-REGISTRATION REQUIRED. Mail check with this form to Sangha Yoga

Name(s) _____

Contact # _____ E-mail _____

Please write class dates, the number of attendees, and total payment enclosed:

Prenatal Class Dates _____ # of participants _____ x (\$80) _____



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