

Taught By certified Yoga Instructor
Salli Siewert & Sarah Beckman

Pregnancy is a period of growth and change that can bring feelings of excitement, but also apprehension. Research suggests that prenatal yoga can help reduce anxiety and relieve many of the common physical discomforts of pregnancy such as backaches, sciatica, fatigue, insomnia, and general stiffness. Classes will focus on stretching and strengthening the body in order to prepare you for the changes that will be experienced throughout pregnancy and labour. There will also be an emphasis on focused breathing and becoming mentally centred in order to nurture your connection to your baby and your changing body.

Prenatal yoga can be taken at any period during your pregnancy and previous yoga experience is not required.



March 1 - April 5

Friday's 6:45pm-7:45pm

\$100

(Any existing punch cards can be transferred to prenatal session)

Space is limited

Pre-registration required

Register online today at YogaYou4ia.com