



Pre-Natal Yoga... namaste mommy!

Mondays, 5:45-6:45pm

Receive the gift of a journey where the sacredness of the mother and child bond is explored and strengthened. Women of every fitness level and trimester are welcome to practice asanas (yoga postures) that are safe and enjoyable for mother and baby. In addition to deepening the bond between mother and child, expectant mothers will benefit from increased strength, flexibility, and confidence gained from practicing prenatal yoga in a warm, safe, and supportive environment. Each class will focus on preparing the body for childbirth by stretching and strengthening the lower back, abdominal and pelvic floor muscles, and opening the hips and sacrum. The classes will also focus on deepening your bond with your baby through breath, visualization, and deep relaxation. Classes taught by **Jessica Pollner**.

**** (A note from your OBGYN is required to take this class)**

**This class is part of our regular weekly class schedule....
you may purchase a class card or pay a \$15 drop-in fee.**

For more info, call 215-230-4031.



SUN DOG YOGA STUDIO

17 West State St. - Doylestown, Pa. - 215-230-4031 - WWW.SUNDOGYOGASTUDIO.COM