

Weekly From Monday September 29 2008, 9-10am

PRENATAL YOGA

With Ashley

East Coast Park

*It's never too soon...
It's never too late...
For the gift you give yourself.*



The classes provide an opportunity to develop vitality and awareness of your body that is home for two, as well as deepen your relationship with your baby.

Gentle postures, breath work, and meditation are learned to cultivate flexibility, stress release, and confidence in preparation for labor and childbirth. Enhance personal relaxation, comfort, and enjoyment of this special time in you life. As we build these qualities, we ease the birthing process, thus reducing pain and increasing the joy of giving birth.



For further information please
contact :

Ashley@sacredfunk.com

Namaste

Ashley

\$25 per class, Please bring your own yoga mat, towel, water and a smile