



PRENATAL YOGA

... encourages you to be in the moment
... to be fully present, attuned to your body
and your growing baby within.

These weekly sessions will enhance your body's natural restorative energies through gentle yoga postures, meditation and breathing.

Upcoming Session :

Mondays, September 12 - December 5

(12 weeks, excludes Thanksgiving Day)

5:30 - 6:45 pm

\$144 + hst or \$15 per drop-in *

F/T Students (with valid proof/ID) :

\$120 + hst or \$12.50 per drop-in *

* Drop-ins allowed only if you're due before end of session

Pre-register at 61 Elm Street, Upstairs

or call 705-662-1359

or purchase online at www.yogasudbury.com