



# 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 Sessions :

|                   |          |                       |             |
|-------------------|----------|-----------------------|-------------|
| Aug. 9 – Oct. 4   | 8 weeks  | (no class Labour Day) | \$108 + hst |
| Oct. 18 – Dec. 20 | 10 weeks |                       | \$135 + hst |

Mondays 5:30 – 6:30 pm  
\$17 per drop-in class, if due early

Pre-register at 61 Elm Street, Upstairs  
or call 705-662-1359  
or online at [www.yogasudbury.com](http://www.yogasudbury.com)

*\*\* 1 year membership holders welcome to join at no extra cost \*\**