

Prenatal

YOGA with Taryn



ALL SUPPORT PROPS PROVIDED, PLEASE JUST
SHOW UP WITH A MAT!

*Please consult your Health Care Provider
before embarking on prenatal yoga - this series
is designed to be completely safe for women
in any trimester having a healthy pregnancy*

This progressive series is designed to
strengthen, stretch, support and empower
you on your pregnancy journey. There is so
much going on inside a pregnant woman's
body and the goal of prenatal yoga is to
support both your musculoskeletal and
emotional systems so you feel your very best
as you prepare to meet your baby! It is also
a great tool to connect deeper with your
baby and reduce and anxiety, discomfort or
tension you might be feeling about the whole
process or pregnancy and birth.

4 Week Series Starting **MAY 15**

TUESDAYs 7:30 PM TO 8:30 PM

4 weeks \$88 or \$25 drop in

