



WITH  
JULIA  
LAITY,  
RYT

# Prenatal Yoga

Mondays at 6:15pm

\$18/CLASS OR  
BUY A 4-PACK  
FOR \$60

BENEFICIAL FOR  
ALL STAGES OF  
PREGNANCY

CALM ANXIETY, INCREASE BLOOD CIRCULATION,  
LOWER BLOOD PRESSURE, AND AID IN DELIVERY



1900 S. Livernois Rd, Rochester Hills, MI (248) 601-9642