



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