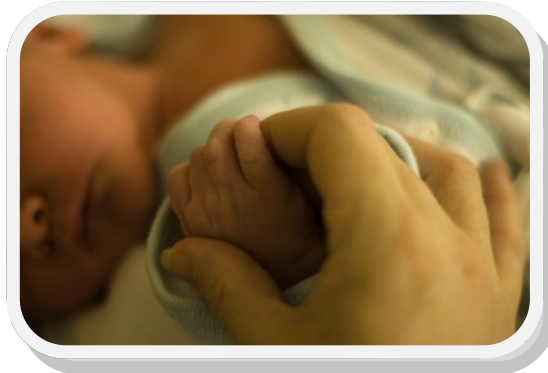




The School of
ROYAL YOGA, Inc.

Prenatal Yoga



- ✧ Breathe, relax, stretch, and learn about the body during this time of hormonal and physical change.
- ✧ Learn Yoga poses and breathing that strengthen the body, bring flexibility, and relieve discomfort for a vibrant and healthy pregnancy.
- ✧ Develop a positive outlook and feel calm and confident throughout pregnancy, labor and delivery.
- ✧ Come in touch with the miracle of carrying a child and childbirth.

Sundays 9:00 - 10:00 am

6 wks, \$78

Oct 2, 9, 16, 30 Nov 6, 20

(Your first class to our Studio is complimentary)

908-879-9648

The School of Royal Yoga

57 Main Street Chester, NJ 07930

RoyalYoga@embarqmail.com TheRoyalPathwaysInc.com