



# 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**

**8 wks, \$104**

**Sept 11, 18, Oct 2, 9, 16, 30 Nov 6, 20**

(Your first class to our Studio is complimentary)

**908-879-9648**

**The School of Royal Yoga**

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