

6 Weeks - \$180.00

8 Weeks - \$220.00

WWW.KRISTENWARREN.COM

A WEEKLY YOGA PRACTICE TO SUPPORT YOUR PREGNANCY

# PRENATAL yoga



A practice tailored specifically to the growing prenatal body. Build strength through your pregnancy, create space in your body & prepare in a mindful way for your baby's arrival.



WHEN :

Sunday's - 3:00 - 4:15

April 2 - May 21

@ Treeline Aerial

Classes will run for 8 weeks. Choose to commit to 6 or 8 weeks. The two missed classes can be taken at any time during the 8 weeks.

For more information & how to register visit

[www.kristenwarren.com](http://www.kristenwarren.com)

or email

[info@kristenwarren.com](mailto:info@kristenwarren.com)

# PRENATAL YOGA SERIES



This series is for anyone who is pregnant. All trimesters of pregnancy & all levels of yoga experience are welcome. Yoga during pregnancy can increase strength, support your changing body, promote connection with your baby & help prepare for delivery.



Each class will have a different focus, from sensory control, how to use yoga during delivery & balancing the body during pregnancy. The objective of this series is to allow pregnant women to connect with themselves as their body goes through a life changing transition.



Sunday's 3:00 - 4:15 @ Treeeline Aerial  
April 2 - May 21, 2023

Classes will run for 8 weeks. Choose to commit to 6 or 8 weeks. The two missed classes can be taken at any time during the 8 weeks.

\$180.00 for 6 weeks of classes  
\$220.00 for 8 weeks of classes

Payment is required in full at time of booking. A full refund will be provided outside 48 hours of the start of class. Within 48 hours a \$50.00 cancellation fee will apply. Once sessions have started the series is non-refundable. There will be no credits or refunds for missed classes.