

A WEEKLY YOGA PRACTICE TO SUPPORT YOUR PREGNANCY

# PRENATAL yoga



This yoga series is specifically tailored to the growing prenatal body.

During this time of transformation, a yoga practice will allow you to build strength through your pregnancy, create space in your body & prepare in a mindful way for your baby's arrival.



Sundays - 10:00 - 11:15

May 5 - May 26, 2024

@ Treeline Aerial



4 weeks for \$112.00

Drop-in for \$30.00

For 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.



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Payment is required in full at the 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.

Contact me to drop-in - [info@kristenwarren.com](mailto:info@kristenwarren.com)