

inner dance yoga

PRENATAL WORKSHOP

Positions for a Positive Birth Experience

Sunday, January 22

2 to 4:30 p.m.

Cost: \$40

This workshop will present positions you can use in labor and in the days before the birth of your baby to help your baby find his or her way into a position that may ease delivery. We will review yoga poses, partner exercises, the use of the birth ball, and relaxation techniques. Come experience new techniques and practice the ones you've already learned with your partner so that you may experience a more comfortable and joyful pregnancy, delivery, and early days with baby.

Partners are encouraged but not required to attend. Please bring an exercise or birth ball if you have one.

**Reserve your seat by calling
609-YOGA (9642) or emailing
info@innerdanceyoga.com**



Presented by
Kathleen Noble

Kathleen became an Affiliated Anusara Yoga Instructor in 2002 and has been working as an ACE Certified Personal Trainer since 1998. She incorporates techniques into her Pre-Natal Yoga classes based on the Optimal Foetal Positioning method and The Bradley Method to help promote a more comfortable pregnancy and easier delivery for both mom and baby. She holds pre- and post-natal fitness and yoga certifications from DSW Fitness and Mother-Well Maternity Fitness and Yoga. You can find more about Kathleen's work at www.flourishunlimited.com or e-mail her directly at kate@flourishunlimited.com

Inner Dance Yoga is located at 2600 Far Hills Avenue, next door to Dorothy Lane Market in Oakwood