



Special Prenatal Yoga Class...

Positioning for a Positive Birth Experience

ShineYoga Center • 3330 Erie Ave • Hyde Park
\$25 per person/couple*

*(attend prenatal yoga class on the same day
and receive a \$10 discount on this workshop)*

Partners Encouraged and Welcome at no extra charge!

Saturday, February 11 ~ 1:15 - 2:30

The position of your baby and the positions you use before and during labor can have a powerful impact during and after the delivery of your baby.

This workshop will present positions you can use in labor and in the months 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 and child-birth preparation poses, partner exercises, the use of the birth ball, and relaxation techniques. Partners are encouraged but not required to attend. Please bring an exercise or birth ball if you have one.

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.

Presented by Kate Noble

For more info contact kate@flourishunlimited.com or visit shineyoga.com or flourishunlimited.com