

# PRENATAL YOGA

## YOGA JOURNEY THROUGH PREGNANCY



### About This Class

Prenatal yoga is a gentle practice customized to the pregnant body with a balance between building strength, gently stretching in preparation for birth, and relieving the aches and discomforts of pregnancy. It is an adjusted practice utilizing a variety of props as well as techniques, such as meditation, breath work, visualization and joint release. The class creates a wonderful space to connect with other mamas as well as your baby.

### About Amal

Amal is a certified prenatal yoga teacher eager to share her love for this special practice with others.

These classes are suitable for all levels and all phases of pregnancy. Please consult your doctor before joining.

**Time:** 5-6pm

Sundays 1-22 Aug

**Price** BD36 (4 classes)

OR BD12 (1 Class)

**To book:** Call 17591565