



Prenatal Yoga

Now Registering!!

Congratulations on your pregnancy! Learn yoga from a trained Labour Doula! This class welcomes women at all stages of pregnancy and all levels of yoga experience. Learn practical yoga, breathing and relaxation techniques to assist you during your pregnancy, labour and the early post-partum period. Classes will allow time to ask questions and review topics such as creating a birth plan, and comfort measures in labour. **We also offer Individual and Couple classes!**

Location: Inner Sanctum Yoga Studio,
310 Main Street, Suite 202, Milton, ON

Dates: Thursdays from 7pm to 8:30pm

Additional classes available, contact Nelia below.

Space is limited to ensure individual attention and ample time for questions. Please call/e-mail ahead to reserve.

To register or for more information contact:

Nelia DeAmaral at (647) 456-BABY (2229)

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