

Prenatal Yoga Class

by a Certified Yoga Instructor
Edie Stanton



Practicing prenatal yoga is the perfect preparation for pregnancy, labor and delivery.

It will increase your awareness of your mind, body and breath, teaching you a new habit of clear self awareness-even during difficult moments. This new habit is exactly what pregnancy, labor, delivery and motherhood demand.

Emphasis on breathing, stretching, alleviating common discomforts of pregnancy, balancing your mental state for focus and awareness, and deep relaxation.

**Call Edie at 457-1731 for more information!
HIGHLY recommended by Doulas of CNY!!**