

Whole Birth

Prenatal
Yoga and
Support



with Sabrina Peterson



Prenatal Yoga is an ideal exercise for the childbearing year. Yoga stretches and strengthens the body, creates body and breath awareness, and is an excellent way to prepare for birth, teaching us to listen to and trust our body's innate birthing wisdom.

Consistent yoga practice helps pregnant women to find greater connection with their changing bodies and relieves many common discomforts of pregnancy. Come connect with other mothers-to-be in a relaxing environment that supports the changes and treasures of pregnancy and birth.

Prenatal Yoga and Support Monday 5:00-7:15PM

Session 1: Aug 24– Sep 28, 2009

Session 2: Oct 19–Nov 23, 2009

Session 3: Dec 1–Jan 18, 2010

No Class Dec 22, and Dec 28

**Pre-register for
six week session \$90**

Prenatal Yoga Wednesdays 11 AM-Noon

On-Going (Starts Aug 26th, 2009)

Drop-Ins welcome \$12

or 5 classes/\$40

or \$4/class

if registered for the Monday class

FORT BRAGG YOGA STUDIO



426 S. Franklin Street, Fort Bragg, CA 95437 - 707.962.0356 - www.FortBraggYogaStudio.com

MOMMAbaby

Yoga and Support

Mondays

10:00 am - 12:15 pm



Bring your baby and connect with other mommas. Enjoy weekly themes and facilitated discussion in a fun, supportive environment.

The yoga portion targets strengthening core muscles necessary for wellness and comfort, stretching those tight spots, and playing with our yoga babies.

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**Pre-register for the next session
outside the studio or call: 707.962.0356
6 weeks for \$90**



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