



PRENATAL YOGA

... encourages you to be in the moment
... to be fully present, attuned to your body
and your growing baby within.

These weekly sessions will enhance your body's
natural restorative energies through gentle yoga
postures, meditation and breathing.

61 Elm Street, Upstairs 705-662-1359
Mondays 5:30 -- 6:30 pm

Upcoming Sessions :

Aug. 9 – Oct. 4 (no class Labour Day)
8 weeks \$108 + hst

\$15 per drop-in if due early

**** 1 year membership holders welcome to join at no extra cost ****