



PRE AND POST-NATAL YOGA

WEDNESDAYS 7:30-8:30 PM

5 week series October 21st - November 18th

COLONIAL FITNESS CENTER (studio 2)

MEMBERS AND NON-MEMBERS WELCOME!

LOCKER ROOM CHANGING & SHOWERS

For all stages of pregnancy;
fertility challenges
conception to delivery
post-natal care

Yoga asanas are a gentle way to keep active and supple.

**yoga asana(exercises)*pranayama(breathing)*meditation*deep relaxation*

How Pregnancy Yoga can help?

*relieving edema(fluid retention) and cramping

*strengthen and massage the abdomen

*raise your level of energy

*help reduce nausea and mood swings

*open the pelvis

Post Natal Care.

*restore the uterus, abdomen, and the pelvic floor.

*relieve upper back tension and breast discomfort.

For more information, call Linda @ 610-698-0477 or visit us at

www.lindaspoweryoga.com