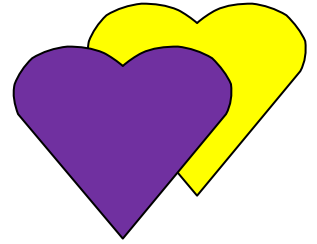


Sacred Space Prenatal Workshops



Workshops will be offered every three months








Upcoming dates: Feb. 27th, May 15th, August 28th

Time: 2:00 to 5:00 Saturday afternoons cost: \$36

All trimesters welcome!!! Come with or without partners.

Sign up anytime and join others, learning how to have yoga support you through your pregnancy, have fun and share!

Workshops will include:

-  Breath and relaxation techniques
-  TLC: simple massage and essential oils
-  Yoga poses and flows: adjusting as you grow
-  Partner poses you can do at home
-  A 15 minute daily routine to stay in shape
-  Stretches and exercises for special situations
-  Art: making a keepsake: Belly button bowls
with paper clay

Contact Krista: 515-6160 or Shirley: 353-1708