

Yoga is an excellent supplement to routine prenatal care and is a healthful choice to nurture mother and baby. Yoga postures support and strengthen the physical body while breathing techniques quiet the mind and draw attention to the evergrowing mother-child connection. Pregnant women will enjoy our small and intimate classes devoted to their unique needs as she develops mindfulness, strength and confidence to approach the challenges of pregnancy and childbirth.

Classes are open to women in all trimesters of pregnancy and are appropriate for all skill levels. Instructors ensure that poses and breath work are appropriate for pregnancy and emphasize the use of props and modifications to accommodate the pregnant body. Students are encouraged to bring a mat, beach towel, and bottle of water to each class.

## **Prenatal Yoga at Riddle Fitness Center**

Prenatal Series by

Lindsay Curtin, PHARMD, REGISTERED YOGA TEACHER (RYT) PRENATAL YOGA TRAINED Session 1 | Tuesdays, January 15, 22, 29 & February 5 Session 2 | Tuesdays, February 19, 26, March 5 & 12 5 - 6 pm | Health Center 4, Conference Room 2

\$18 per class or whole session for \$68

Interested in registering? Need more information? Contact Katy Coughlin, Fitness Center Manager 484.227.3045 or katy.coughlin@cardiokinetics.com



Well ahead.®