

# Prenatal Yoga

FREE Intro To Prenatal Yoga Classes

Saturday October 20<sup>th</sup> 12:30-2:00pm

Saturday October 27<sup>th</sup> 12:30-2:00pm

Prenatal Yoga for Couples Course

Saturday Nov 3<sup>rd</sup> - Dec 22<sup>nd</sup>, 12:30-2:00pm

\$80 for all 8 weeks (includes partner)

**Please register online or by calling 435-215-9113.**

**The Yoga Shop**

535 South Main Street, Suite 12  
CedarCityYoga.com

yoga.dance.movement. Info@CedarCityYoga.com

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\$80 for all 8 weeks (includes partner.)

Couples will be taught a variety of Yoga Postures and Dance Moves that will provide comfort measures to the mother and baby during pregnancy and labor. Topics covered will include Yoga for Pregnancy and Birth, Couples Massage, Basic Ballroom Dance, Relaxation Techniques, and Essential Oils.

**Space is limited. To register call Kenzie at 435-215-9113.**