



FREE
Prenatal & Postnatal
Yoga Classes
with
Dorothy Guy, RYT 500
Certified Prenatal Yoga Instructor

Saturdays, 9:15 – 10:15 am
(Starting January 14th, 2012)

This wonderful nurturing class is open to all pregnant and new moms who are looking for a healthy lifestyle and time out for themselves. The classes are small, for moms only, allowing for personal attention from the instructor. The benefits for each mom are:

- ~ Trimester specific yoga workouts
- ~ Stress reducing practices that help you to prepare for childbirth
- ~ Lovely new studio stocked with props for comfort and safety
- ~ A community of yoga moms to share with

Dorothy Guy is certified by a Yoga Alliance recognized school to teach Pre and Post Natal students. The classes are as much about breathing, relaxation, meditation and the challenges of pregnancy and birth, as they are about the physical asanas (postures).

Call 458-8088 to reserve your spot! Space is limited!

All About Yoga 601 Whitney Ranch, C-12, Henderson
www.yogainlasvegas.com