



PRENATAL YOGA WITH ANNETTE

SATURDAY, FEBRUARY 25TH 2-3:15PM

YOGA SHELTER - GROSSE POINTE

313.884.YOGA

Prenatal Yoga offers a safe and nurturing environment which supports the Mother's changing body throughout each trimester. Deep breathing techniques along with modified poses aid fatigue, tension and tight muscles. Prenatal Yoga provides expectant moms with a comfortable relaxed workout that will increase energy, stamina, build strength, and flexibility. The emphasis on deep breathing improves focus and concentration, which can help ease labor and delivery. The gentle stretches help promote relaxation and circulation.

Cost is \$18 class pass or your current membership.

www.yogashelter.com