

Whether you are currently pregnant, or if you have prenatal students in your classes, you will find this workshop most informative!



PRACTICING PRENATAL YOGA

You will learn:

- *Safe poses for each trimester*
- *Specific breath techniques*
 - *Warning signs*
- *Sequencing of postures*

*2 CanFitPro CEC's
Handouts Supplied*

Friday, April 20

6:30 – 9:30 pm

with

**MAUREEN RAE'S YOGA
STUDIO**
5324 Dundas St. W
Toronto

Phone (416-716-7589)

Pre-registration Please

CRISTINA DALIMONTE

\$79.95 + hst