

Pre/Post Natal Yoga class is a wonderful program developed to address the unique needs of both the mother-to-be, and the new mother. This class goes beyond simply relieving the discomforts of pregnancy, to preparing a woman physically and emotionally for childbirth and motherhood. A focus is on developing tools for conscious breathing, relaxation and meditation, while generating physical strength and flexibility.

Pre& Post Natal Classes

New Moms and Moms-to-be:
Just for you at Saw Mill Club

With Wendy Hagen



**Classes will begin
Friday, October 2**

**Tuesday evenings
6:00–7:15PM**

**Friday mornings
10:45AM–12:00PM**

For fees and other information,
or if you would like to take part in
Pre/Post Natal Yoga at Saw Mill Club,
please contact Kathleen Goldring
kgoldring@sawmillclub.com
or phone 733-4054

