

Yoga

Pre/Post Natal Yoga with Wendy Hagen

Pre and Postnatal Yoga together!

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

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.

A nurturing community of mothers is created as women are encouraged to connect with each other and with their babies.

Women at any stage of pregnancy may join, with a physician's clearance. Post natal women may bring their (non-mobile) infants.

Classes available 2X per week

Starting Friday, October 2

Days & Times:	Tuesdays	6:00–7:15PM
	Fridays	10:45AM–12NOON

Fee:	Members:	\$15 per class	10 consecutive class package:	\$120
	Non-Members:	\$25 per class	10 consecutive class package:	\$200

**No preregistration required. Please sign in when you come to class.
Non Members may pay at the front desk upon entering**

Wendy Hagen has been teaching yoga, cycle, fitness, and pilates since 1990. She began teaching classes while in graduate school getting her master's degree in early childhood and elementary education. Wendy has taught classes, and created and coordinated pre/post natal programs at a variety of clubs, gyms and universities. A 500 hour certified Yoga Alliance instructor who has led workshops and retreats throughout the country, Wendy is the former Owner/Director of Exhale Yoga and Movement, in New Fairfield, CT.

For more information please contact Kathleen Goldring
Group Exercise and Yoga Director at Saw Mill Club
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