



# IN BALANCE PRE-NATAL YOGA

Pre-Natal Yoga classes provide an opportunity for pregnant women to develop greater clarity and awareness of their changing bodies. Yoga may help to ease the process of pregnancy, reduce pain and enhance the joy of giving birth. This series will include: flexibility work to create a healthy range-of-motion in joints and muscles, strength work to properly challenge and nourish your rapidly changing body and develop body-breath connection to create better awareness. Focused to help to cultivate calmness and confidence in preparation for labour and childbirth. You will also be encourage to start a home sequence that can be practiced on your own or with your partner.

**This workshop is suitable for any stage of pregnancy.**

**April 13 - June 22**  
**10 sessions**

**Monday Evenings from 6:30-7:30pm**

**\*\*No class Monday May 18**

**Jouer Café Unit 101 - 6302 29 ave**

Stephanie has a passion for sharing the mental & physical benefits of yoga and wants to ensure that everyone who has a class with her leaves wanting more!

**REGISTER:**  
**T. 780-770-8816**  
**stephanie@ibwc.ca**

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