

Prenatal Yoga

Saturdays 11:15am-12:15pm

March 27th through May 1st

Pregnancy presents a woman with many new physical and emotional changes. With the guidance and support of instructor Caitlin Swartley you will learn ways to optimize you and your child's overall well being. Prenatal yoga is a wonderful way to put time aside for yourself and your baby. It is a means of preparing for an easier pregnancy, labor and child birth.

This class offers:

- ▶ Gentle yoga postures, breath work, meditation and vocal toning, while encouraging and embracing calmness and flexibility
- ▶ Ways to enhance comfort and relaxation to a changing body
- ▶ Increased awareness of body and in turn, a deeper connection to the baby
- ▶ A community among other pregnant women to share ideas and experiences
- ▶ Confidence for the mother to be



\$80 for the 6 week session

Payment is requested at registration

Please call 215-794-3494 to register

Caitlin Swartley studied with Janice Clarfield and has a Kripalu Center for Yoga and Health Prenatal Certification