

The Mat Works Yoga Studio

Let Go - Fear Less - Love More



Prenatal Yoga



Prenatal yoga is a nurturing 60 minute class that includes postures and breathing practices to help prepare for labor and child birth by emphasizing focus through the breath to connect with your baby. Restorative postures are included to reduce the effects of fatigue and nausea. Mats and props are provided.

Series of eight classes begins August 12, 2009.

\$72 Fee

- Wednesdays 6:00 pm ~ 7:00 pm
- August 12, 19, 26
- September 2, 9, 16, 23, 30

The Mat Works Yoga Studio

Debbie Harvley, RYT,
Director Mat Works Yoga
201e Hampton Ave.
Greenwood, SC 29646

Phone: 864-992-5410
Email: Matworksyoga@yahoo.com
Website: www.matworksyoga.com