

CAROLINA PRENATAL YOGA WORKSHOP

FIRST SUNDAY OF EVERY MONTH 1:00-2:30 PM

BUILDING HEALTHY & HAPPY BABIES FROM THE INSIDE OUT

Join Susie Farnick for a prenatal workshop designed to embrace and celebrate the nine months of magic during your pregnancy. This workshop will address breathing techniques (pranayama) that are effective during labor and delivery and also guide you through yoga postures (asana) that are known to relieve common discomforts of pregnancy. Known benefits of prenatal yoga include:

Increase energy levels

Alleviate low back and sciatic pain

Prepare your body and baby for labor and delivery

Decrease anxiety & speed up postpartum recovery

**Perfect for ALL LEVELS
HUSBANDS WELCOME**

Space is limited so call to reserve your spot!

704-332-9911

For questions email:

Susie@yogaonewellness.com

