



prenatal yoga

This class with Liz Smith is specifically designed for expectant mothers. Through a variety of yoga postures linked to the breath, you will bring awareness to your mind and body and strengthen the connection to your baby. Poses will help strengthen the uterus and pelvic muscles, improve circulation, exercise the spine and help create comfort in your changing body. Meet and connect with other expectant mothers in this safe, open community.

Sundays

11:30am - 12:30pm

January 6, 13, 20 & 27

\$60 4-week session



Beverly Yoga Center

Nurturing the mind, body, and heart through yoga and meditation.

1917 West 103rd Street, 2nd floor
773.239.9642 | www.beverlyyogacenter.com

Liz has been actively practicing yoga since 2009. She is an experienced registered yoga teacher with additional training in children's and prenatal yoga. Liz is experienced in teaching students who range from having little to no yoga experience to working with students who have a more advanced asana (posture) practice. Through yoga, she hopes to help her students discover a deeper connection between the mind, body and spirit. With attention to natural alignment and muscular engagement, Liz believes that everyone can experience yoga and strives to create a practice that allows all to access and develop strength and energy that already exists within.