



# prenatal yoga

3 + 4-week series

This class 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.

**Sunday**  
**11:30am-12:30pm**  
with Lauren Gibbons

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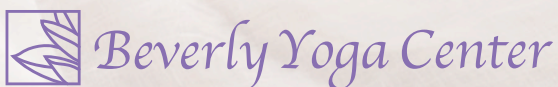
#### 4-WEEK SERIES

September 8, 15, 22, 29  
November 3, 10, 17, 24

#### 3-WEEK SERIES

October 6, 20, 27 (no class Oct 13)  
December 8, 15, 22

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*May the practice of yoga and meditation cultivate kindness,  
compassion and care for your mind, body and heart.*

1917 West 103rd Street, 2nd floor  
773.239.9642 | [www.beverlyyogacenter.com](http://www.beverlyyogacenter.com)

\$45 3-week series  
\$60 4-week series

*If you are unable to attend any part of the  
series, refunds or credits will not be given.*