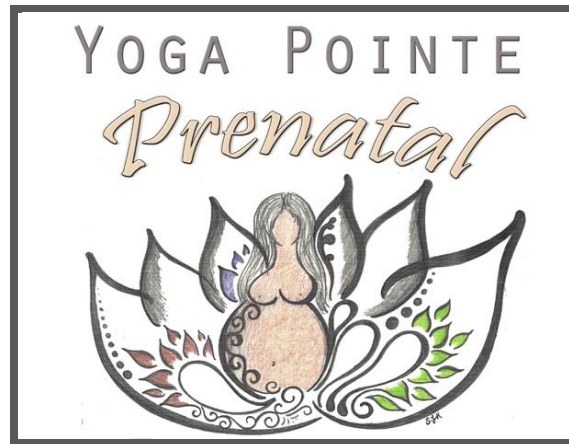


Prenatal Yoga @ Yoga Pointe



Prenatal yoga is designed to nourish expectant mothers. Learn to use yoga's mind/body awareness to connect with your inner wisdom, your changing body, and your growing baby. Practice breath awareness, flexibility, and strength to help make pregnancy more comfortable and prepare your body for birth. This class is open to all levels and expectant mothers at any stage of pregnancy. Benefits of prenatal yoga:

- ♥ **Alleviates emotional discomforts such as anxiety**
- ♥ **Relieves physical discomforts such as nausea & back pain**
- ♥ **Increases confidence to face labor**
- ♥ **Creates a sense of wellbeing**
- ♥ **Increases breath flow & awareness**
- ♥ **Prepares hips and pelvic floor**

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This 6 week series is on Sundays, 3:00pm-4:00pm  
\$60 for the series

10% discount for PCSB employees with I.D.

Call or e-mail for dates and to register

*Sara Herzog* a certified prenatal yoga teacher, OB nurse, certified doula with experience in traditional, natural, & water birthing



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