

YOGA CLASS SCHEDULE

MONDAY:

10:00am- Prenatal Yoga

6:45pm- Prenatal Yoga -MBJCC- Beach

TUESDAY:

Noon- Breast feeding support- 0-3 months- reservation required

6:45pm- Prenatal Yoga

WEDNESDAY:

6:30-9pm- HYPNOBIRTHING®

Childbirth Education "Course"

THURSDAY:

10:00am- Prenatal Yoga

Noon- Postnatal w/baby Yoga & Fitness

6:45pm- Prenatal Yoga

SATURDAY:

9:00am- Prenatal Yoga

10:30am- Prenatal Yoga

SUNDAY:

"Prenatal with Partner"

One-Day "Childbirth" Workshop

11am - 3pm / offered monthly

OTHER Parenting Classes include:

*Newborn Baby Care

*Breast Feeding Successfully

*Infant Massage

*Happiest Baby on the Block

See website for details

www.prenatalyogamiami.com

Order Baby Belly Tunes at online Store

♪ Prenatal Plus™ ♪ Baby Belly Tunes

SUPPORT & MUSIC
FOR MOTHER & BABY!

Supports
Baby Belly
Reduces pelvic &
low back discomforts
Helps guide baby into
the optimal head
down position
for birth

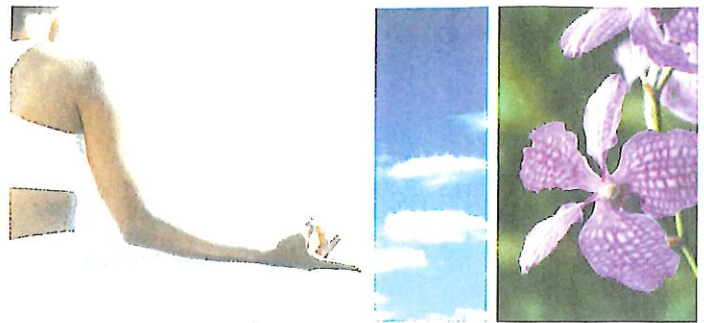
Includes:

- 1) Slim fitting adjustable wrap
- 2) Safety volume speakers that are removable for easy washing
- 3) One pair of earbuds & adaptor so all you need is the music of your choice!

Just plug in your media device and share the music together!



"YOGA FOR PREGNANCY" DVD and
GIFT CERTIFICATES AVAILABLE!!
phone: 305-498-6722 fax: 305-446-2683



Prenatal Plus Yoga

MIAMI'S SPECIALTY CENTER
FOR PREGNANCY, BIRTH & BEYOND

Breathing, Relaxation, Postures, Meditation & Connection

Prenatal & Postnatal Specialty

Yoga Classes,

Parenting Classes, Childbirth Education,

HypnoBirthing®

Certified Labor-Birth & Postpartum Doula Care,

Placenta Encapsulation & Tincture Services

HOLISTIC SOUTH PREGNANCY & BIRTH CENTER

www.holisticsouthpregnancybirthcenter.com

Prenatal Yoga Teacher Training

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Yoga Alliance Registered (RYCS)
Prenatal Teacher Training School

