



# Prenatal Yoga

with Melinda

@ The Family Life Center

20 Elm Street

Albany, NY 12202

Wednesday evenings – 5:30–7pm

\$75 for a 6 week session – 2/18–4/1

\*pre-registration is required and a minimum number of students must pre-enroll for the class to run

## Are you looking to:

- ✚ Reduce fatigue and increase your level of energy?
  - ✚ Feel more calm or at ease?
- ✚ Alleviate many of the discomforts of pregnancy?
- ✚ Connect with other pregnant women in a safe, open community environment?

**If so... Try Prenatal Yoga! New classes starting in  
February 2009**

Inside you is an innate wisdom that intuitively understands about the very natural process of birth. Prenatal yoga can help you reconnect with this wisdom, guiding you through a class specifically designed for the journey of pregnancy. Linking yoga postures with the breath will lead you to new discoveries, bringing awareness to the mind, body and spirit, and also the spirit of your baby. The program, conducted in a calm, peaceful environment will help strengthen the uterus and pelvic muscles, improve circulation, aid in digestion, exercise the spine and increase overall comfort. Yoga can also alleviate many of the discomforts of pregnancy.

For more information and/or to register please contact Melinda at [melindaperson@hotmail.com](mailto:melindaperson@hotmail.com)  
or call 607-592-3950