

# Pregnancy Yoga



971.983.5212  
iamwellspring.com

Wellspring

## Join the supportive company of other mothers-to-be

and enjoy gentle yoga stretches, breath awareness, deep relaxation, meditation and positive imagery in order to:

- Learn relaxation skills
- Alleviate common pregnancy discomforts
- Cultivate vitality and courage
- Prepare for an optimal birthing experience

Suitable for mothers in all phases of pregnancy, these classes empower women to glide gracefully through the transformative process of pregnancy, celebrate the joyful spirit of birthing, and prepare skillfully for the challenges of early parenting.

### **Wednesdays 6-7pm**

Please register in advance at 971.983.5212 or [econnor@silvhosp.org](mailto:econnor@silvhosp.org).

**6 class-card / \$60**

***Valid for two months***



Elizabeth Connor, RYT, Stress Management Specialist, Certified ICEA Childbirth Educator and Doula ('96-'01).