

# Basics of Prenatal Yoga

July 30, 2011, 11am-1pm

This two-hour workshop will cover all the basics that you need to know about practicing yoga while pregnant. It will include both discussion and physical practice, while focusing on two points:

1) How to modify poses for your pregnancy so that you can practice in comfort during regular (non-prenatal) yoga classes, and

2) Poses to relieve common pregnancy discomforts, such as, nausea and swollen ankles.

Snack & herbal tea provided.

**Instructor:** Amy Hillman-Siracusa

**When:** July 30<sup>th</sup>, 11am-1pm

**Cost:** \$35/person

**Location:** Kaya Yoga Studio  
1505-D 5<sup>th</sup> Street  
Davis, CA 95616



*Photo by Lexy Swall*



*Photo by Molly Darling*

To register contact Amy at:

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-or-

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