

# Prenatal Yoga

Prepare for childbirth at Normandy Park Yoga...



Pregnancy and childbirth are events filled with change and new experiences. The balance and stability available through yoga practice offer each student calm confidence during pregnancy. Prenatal yoga opens the door of awareness to the changes as your baby develops. Each Prenatal Yoga session is designed to address the issues unique to your pregnancy and prepares you for childbirth. The breath, mind, and body are soothed and strengthened with asana (physical postures), pranayama (breath awareness), relaxation, focusing, and meditation techniques.

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## Normandy Park Yoga Studio

Prenatal Yoga Class Card Coupon

Bring this coupon for your first Prenatal Class and  
receive \$5.00 off your first Prenatal Yoga Class Card!

Location: Normandy Park Yoga Studio, 19655 First Avenue South, Ste. 102

Normandy Park, Washington

206/878-9642

[www.normandyparkyoga.com](http://www.normandyparkyoga.com)