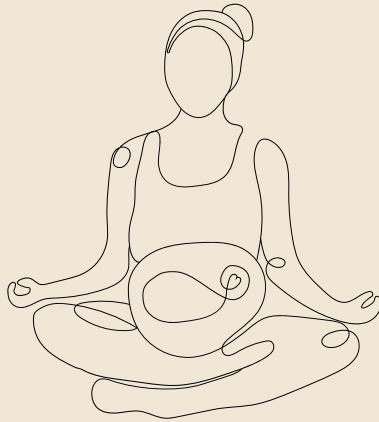


AVAILABLE CLASSES FOR PREGNANT WOMEN



- YOGA NIDRA
- MEDITATION & SOUND THERAPY
- SLOW FLOW
- YIN YOGA
- AERIAL SOUNDBATH
- PILATES MAT ONE
- PILATES MAT PROPS
- FULL BODY STRETCHING
- *PILATES REFORMER

- EVENING STRETCH & MOBILITY
- AERIAL YOGA NIDRA
- RESTORATIVE YOGA & SOUND THERAPY
- PRANAYAMA
- POSTURE RESET – INTELLIGENT ALIGNMENT
- AFTER SUN FLOW & BREATHWORK

*=extra charge