

PRENATAL YOGA

Offered by VILLAGE YOGA, your West Davis source for Sivananda Yoga.
Taught by certified Sivananda Yoga teacher and a mother of 2.

WHO:

This class is for any PREGNANT WOMAN who's OB/GYN has given them the "OK" to exercise (anyone not "high-risk").

WHAT:

PRENATAL YOGA classes based on the Sivananda discipline.

WHEN:

Friday Mornings from 9:30am until 11:00am.
Please arrive 5 minutes before each class.

WHERE:

Applegate Dance Studio, in Village Homes (West Davis)
2657 Portage Bay East*
Davis, CA. 95616

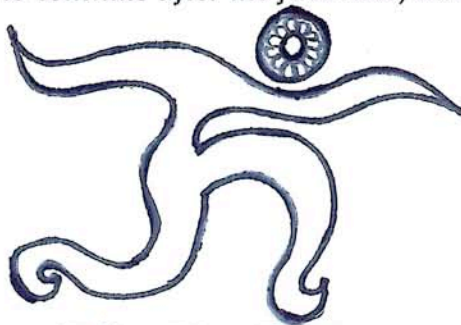
**Portage Bay EAST can only be gotten to from Russell Blvd., not from Lake Avenue.*

Bring: Drinking water, a hand towel, & your own mat if you have one.
Wear: Comfortable stretchy clothes, in layers.

COST:

\$40 for 4 weeks, with a money-back guarantee on the first class**

***If you don't want to continue after the first class, that class is free.*



See www.VillageYogaDavis.com or
email Linda at lilavati.villageyoga@gmail.com to register.