

# ***PRENATAL YOGA***

## *at Dance Xplosion*

(Located in Southwest Austin at 9600 Escarpment Blvd, near the Starbucks in Escarpment Village)

**ENERGIZE BODY AND MIND!**

**CREATE SPACE TO BREATHE MORE FREELY!**

This 75-minute class will include several components to increase physical and mental endurance for the challenges associated with pregnancy, birth, and parenting. We'll begin with an energetic cardio warm-up that includes yoga and easy dance moves. Postures to strengthen and stretch areas of the body that often cause discomfort during pregnancy will be explored, along with pelvic toning. Slow, deep breathing will be utilized as a powerful tool for labor, or in learning to remain calm during the challenges of parenting. In this supportive environment, we'll also include some time for discussion of pregnancy-related concerns. Finally, we will sing a beautiful lullaby to the babies.

MONDAYS, 11:00-12:15      Class runs Oct. 27-Dec. 15. (We WILL meet the Monday before Thanksgiving.)

WEDNESDAYS, 11:00-12:15      Class runs Oct. 22-Dec. 17<sup>th</sup>. (No class the week of Thanksgiving.)

The cost is only \$120 for 8 classes: one class/week. No registration fee required.

Please make check out to "Lynnsings Yoga LLC" and INCLUDE YOUR PHONE NUMBER & indicate Monday or Wednesday class, and drop into the tuition box inside Dance Xplosion OR send to:

Lynnsings Yoga, 6820 Via Ricco Drive, Austin, TX 78749

I will mail you a student registration form and liability waiver OR you can pick these up at Dance Xplosion and drop into the tuition box.

FOR QUESTIONS, PLEASE CALL LYNN AT 301-3650.

\*\*Students will need to bring a yoga mat and 3-4 blankets (preferably cotton).

About the teacher – Lynn Peterson of Lynnsings Yoga LLC

After receiving a Bachelor's of Music Education degree, I taught music and movement to children and adults for over 15 years. After having children, I discovered yoga as a way to REJUVENATE myself- body and mind. In addition to my 200-hour yoga teacher training, I've accrued several hundred additional hours of training/teaching experience, including a comprehensive 40-hour prenatal yoga training with Leslie Lytle. Parenting is one of the most difficult things we will ever do, and I believe this begins in pregnancy, as you strive to take care of yourself and baby in the most healthful way. I am passionate about helping mothers feel healthy, empowered, and calm so they can parent in a loving and peaceful way.