



photo by brad barnwell

## Prenatal Yoga Series with *Natalie Sheets* Wednesdays, Feb 1-29

Designed to both nurture and challenge your body, Ananda Shala's Prenatal Yoga can help to soothe your aches and pains, help to reduce stress, teach you to relax and help prepare you for childbirth and motherhood. You'll benefit from much-needed relaxation, while strengthening and lengthening the muscles that support you and your baby during pregnancy and labor. Focusing on breath awareness, meditation and movement, Prenatal yoga gives women the opportunity to deepen their connection with their bodies, babies and other pregnant women in the community.

Prenatal yoga is for women of all fitness levels; however, we would like all mama's-to-be to speak with their doctors before beginning their yoga practice.

- When: Wednesdays, Feb 1-29  
Where: Ananda Shala, 34 S. Market St. Frederick, MD  
Time: 5:30-6:45PM  
Cost: \$65 for series, drop-in rate \$16  
Notes: Please bring a notebook for journaling, also, please note the instructor will be around for 15 min after class for reflections and any group discussion for our new community of moms-to-be!