

# Prenatal Yoga

*with Christina Dubin*

## *Starts September 15, 2010*

This prenatal class will be taught using The Barnes Method of Yoga for Two™, applying Anusara Yoga's Universal Principles of Alignment so that woman can create stability, build a strong foundation, and become comfortable in their changing bodies as they open to grace and celebrate new life. Students learn postures that eliminate the common discomforts of pregnancy, postures that aid in labor and delivery as well as postpartum. Learn to better support, embrace and open to the joyous experience of being one with your child!

*You may join mid-session if space is available.*



**Date and time:**

6 week series starting  
September 15, 2010

Wednesdays, 6:45–8:00pm

**Cost:**

\$90 for the series  
\$20 per class

**For more information:**

Call 978-223-2201 or email  
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