

DISCOVER THE BENEFITS OF PRENATAL YOGA

1. Increase the connection between mother and baby
2. Build strength, tone and flexibility
3. Learn modifications to practice yoga safely during pregnancy
4. Meet other expectant mothers in the community

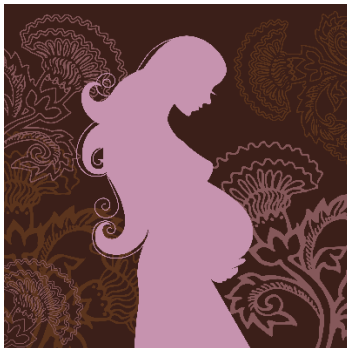
4-week prenatal yoga series at the Caldwell Community Center

Saturdays-April 22, April 29, May 6 and May 13

11:00am – 12:00pm

Stop by or call to register 973-228-7665

Fee: Members \$40 – Non Members \$60



1 Provost Square Caldwell, NJ 07006 973-226-8775

Avie Bertaccini is a certified 200-hour yoga instructor also **certified in prenatal yoga**. She practiced prenatal yoga during her first pregnancy and is continuing to practice and teach throughout her second pregnancy.