

# Prenatal Yoga

## at The Yoga Loft

Prenatal Yoga at The Yoga Loft is a wonderful opportunity for you to take time to connect with the changes in your body and connect with your baby. In our classes you will build strength, increase flexibility, and work with your breath while preparing for childbirth and motherhood.

Taking this time for yourself in our prenatal classes can be invaluable in learning ways to manage stress and emotions. Yoga can help relieve some of the common aches and pains of pregnancy while giving you an overall sense of well-being and awareness of yourself and your experience. Classes are ongoing and taught by certified yoga teacher, and mother of two, Robin Gualtieri.

**Sundays**  
**11:30 -12:45pm**

cost: \$75 for 6 week series  
drop-ins are also  
welcome (\$14)

**CALL TO REGISTER!**  
**610-867-YOGA (9642)**



The Yoga Loft  
521 E 4th St., 3rd Floor  
(above Cantelmi's Hardware)  
Bethlehem, PA 18015  
610-867-YOGA

[www.theyogaloftofbethlehem.com](http://www.theyogaloftofbethlehem.com)