

# Pre/Postnatal Yoga

## at The Yoga Loft

**Postnatal moms are welcome to bring their infants to class!  
4-6 months old (pre-crawlers)**

Pre and Postnatal 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, or recently experiencing childbirth and motherhood.

Taking this time for yourself in our pre/postnatal classes can be invaluable in learning ways to manage stress and emotions.

Yoga can help relieve some of the common aches and pains before and after childbirth while also 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.

Summer - Fall 2010

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

cost: \$75 for 6 week series  
drop-ins may be available

Session dates:

May 16 - 23, June 6 - 27

July 11 - August 15

August 29 - October 3

October 17 - November 21

Dec 5-19, Jan 9-23

**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)