

# Prenatal Partner Birth Yoga Workshop



Pregnant women and their birth partners are invited to a workshop exploring yoga postures that can be used during labor. Learn and practice postures with your partner, which utilize gravity to assist in the baby's descent and your body's natural abilities to open during labor and birth. Partners will learn how to assist with the postures, movement, and relaxation. We discuss and practice moving during early and active labor, including positions for birthing. We also explore approaches, including breathing practices and sound, to work with the transformational pain of labor.

**Friday July 20, 2018**

**6:30 -8:30 pm**

**\$50 per couple**

**Inward Bound Yoga at the Friends Center**

**1420 Hill St., Ann Arbor**

**(parking and entrance are behind the building)**

**Instructor, Marlene McGrath, is a mother of three and has been teaching prenatal and postnatal yoga for 17 years.**

**For more info call or text (734) 276-7423 or email marlenemamayoga@yahoo.com. To register, send bottom of registration form and payment to : Marlene McGrath, 735 Fountain St. AA, MI 48103.**

**Names** \_\_\_\_\_

**Email Address** \_\_\_\_\_

**phone number** \_\_\_\_\_ **Due date** \_\_\_\_\_

