



Yoga Focus
Eastover Professional Center
1527 Eastover Place Suite 5
Ann Arbor, MI 48104
yogafocusannarbor.com

Prenatal Birth Partner 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.

Sunday, August 25, 2019

6:30 - 8:30 pm

\$50 per couple

Instructor, Marlene McGrath, is a mother of three and has been teaching prenatal and postnatal yoga for 19 years.

To register: Bring or send bottom of registration form and payment (check made out to instructor) to Marlene McGrath at Yoga Focus address above or use **Paypal** option at: marlenemcgrathyoga.com

Names _____

Email Address _____

Phone number _____ **Est. Due date** _____

Date of Workshop _____ **amount paid** _____