

Postpartum Rehabilitation Yoga Workshop Registration Form

This 2-hour workshop is designed to give you instruction in yoga postures to be safely practiced to strengthen, realign, and balance the body after vaginal or caesarian delivery. Yoga postures with breath awareness will be taught to reintegrate the deep layer of back, abdominal and pelvic floor muscles.

Cost: \$35 per workshop with pre-registration at least one week prior to the workshop date, \$45 less than one week in advance.

When: The workshop will be offered bi-monthly on the 2nd Sunday, 3-5 pm. The dates for 2018 are as follows:

Sunday, March 11, 2018
3:00–5:00 pm at
Inward Bound Yoga at the Friends Center
1420 Hill St. Ann Arbor, MI 48104
Parking and Entrance is located behind the building.

May 13
July 15
September 16
November 11

Please complete form below and send with check for \$35 made out to Marlene McGrath Yoga if it is at least 1 week prior to the workshop date. \$45 if later.
Send to: Marlene McGrath Yoga 735 Fountain St. Ann Arbor, MI 48103

Name _____ phone _____

Email _____

Name and date of baby's birth _____

Date and Time of Workshop _____

Fee Enclosed _____

Issues related to the birth (vaginal or c-section, specific concerns) _____
