



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: \$45 per workshop, complete form and include payment by check to instructor or by PayPal at marlenemcgrathyoga.com

When: The workshop will be offered bi-monthly on the 2nd or 3rd Sunday, of the month **3-5 pm**. See websites for current dates
marlenemcgrathyoga.com yogafocusannarbor.com

Location: Yoga Focus, 1527 Eastover Place, Ann Arbor, MI, 48104

Please complete form below and send with check for \$45 made out to Marlene McGrath. Send to: Marlene McGrath, 1527 Eastover Place, Ann Arbor, MI, 48104. **OR** complete PayPal on marlenemcgrathyoga.com

Name _____ phone _____

Email _____

Baby's name and date of birth _____

Date and Time of Workshop _____

Fee Enclosed _____ **OR** Date of PayPal Transaction _____

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