



Prenatal Yoga

at

Simple Abundance Yoga

Both Wendy and Lamont's certification included teaching Prenatal Yoga. Although we currently do not offer a specific prenatal class, we will help you modify to be safe and comfortable in any class throughout your pregnancy and after.

During your first and third trimesters we recommend the Gentle Flow, Restore & Renew, and Breathe Into Peace classes. We highly recommend the Breathe Into Peace classes, as they will help you focus during labor and delivery.

During your second trimester any class is suitable, with the exception of the Core classes on Monday and Friday.

We would love to have you and your partner join us!

Feel free to call for additional information

423.220.0552

<http://www.simpleabundanceyoga.com>