



Cyrus McCrimmon, The Denver Post

Samadhi
center for Yoga
639 East 19th Avenue, Denver
Call (303) 860-9642
to Register
www.samadhiyoga.net

\$210 early registration

Open to
Yoga Teachers
Pregnant Women
Birth Professionals

Pre/Postnatal Yoga Training Yoga for the Childbearing Year

With Wendy Correa, LMT, ERYT, RPYT (Registered Prenatal Yoga Teacher)

Wendy's Story

Wendy has been teaching yoga since 1998. She has taught hatha, vinyasa, hot yoga, prenatal, mommy and baby, kids, gentle/yin, yoga on the ball, and yoga nidra.

As a licensed massage therapist and yoga educator she is passionate about anatomy and learning new modalities, and she continually maintains her studies. She has advanced certificates in Ashiatsu, Pre/Postnatal, Hot Stone, Arvigo Mayan Abdominal, Infant Massage and Reiki.

Since 2001 Wendy has taught classes and workshops including yoga, childbirth education, breast-feeding, infant parenting, CPR, "Comfort Measures for Labor," Infant Massage, Samadhi's Yoga Teacher Training classes and Pre/Postnatal Yoga Teacher Trainings.

Wendy's articles in Mothering Magazine include "Eco Mama-Why Breast-feeding is Best for Babies and the Environment," and "Caretakers of Homebirth."

Wendy's passion for massage, yoga, childbirth education and the healing arts is expressed through her commitment to over 34 years of studies, continuing education, conferences and workshops. She holds degrees in Psychology and Theater.

Wendy's goal is to educate and inspire others, and to give them the opportunity to experience the incredible benefits massage, yoga and childbirth education have to offer.

"I am so grateful that I took the Prenatal teacher training with Wendy Correa. I would recommend this training to any yoga teacher (including men) to gain a deeper level of experience in order to be of service to all of our students." Blair Vaughn, RYT, Assistant to Seane Corn

visit www.mind-body-sole.com

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Saturday and Sunday
June 29 and 30, 2013
Saturday 12:00 to 8:00 PM
Sunday 9:00 to 6:00 PM

20 Yoga Alliance CE Hours

Workshop Topics Include:

Anatomy and Physiology

Yoga for Labor

Medical and Midwifery Models of Birth

Hormones and Chakras

Common Discomforts and Remedies

Safe Yoga Poses and Contraindications

Sequencing/Modifying and Props

Postpartum Core and Practice

Teaching Practice