



Cyrus McCrimmon, The Denver Post

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

\$162 early registration before April 20
\$190 after April 20, 2010

Pre/Postnatal Yoga Teacher Training Yoga for the Childbearing Year

With Wendy Correa, LMT, ERYT, CCCE, CIMI

Part I: Prenatal Yoga

Saturday May 1, 1 pm -6pm

Sunday May 2, 12 pm-5pm

10 Yoga Alliance CEU's

Workshop Topics Include:

Anatomy and Physiology
3 Trimesters

Hormones and Chakras

Common Discomforts and Remedies

Safe Yoga Poses

Sequencing/Modifying and Props

Perinatal Psychology

Wendy Correa is a nationally certified and licensed massage therapist, Yoga Alliance experienced registered Yoga teacher, nationally certified childbirth educator, doula, breastfeeding counselor, infant massage instructor, writer for Mothering magazine, wife and mother. She holds Bachelor's degrees in Psychology and Theater. She has been practicing yoga since 1979. After attending prenatal yoga and the birth of her son, she was inspired to teach yoga in the hope that it would help other women as much as it helped her mentally, physically, emotionally and spiritually with pregnancy, labor, postpartum and parenting.

Wendy's prenatal yoga class was recently featured in the Denver Post. www.mind-body-sole.com