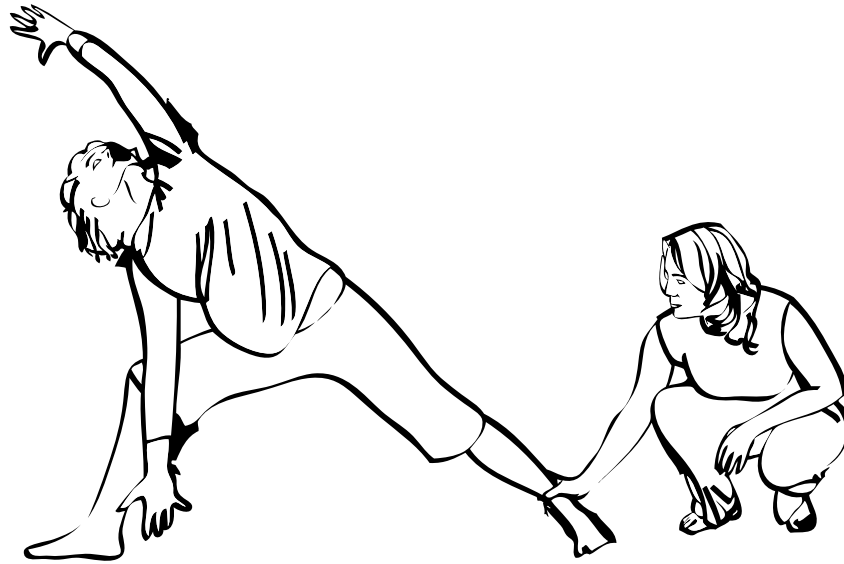


Prenatal Yoga Home Practice Workshop



with Wendy Correa LMT, ERYT, RPYT

Sunday, March 24th, 2013

10 am to 1 pm

Stapleton MCA Community Center
2823 Roslyn Street, Denver

Learn a safe and short, yet effective prenatal yoga home practice to support you through all trimesters of your pregnancy. Alleviate back, hip and neck pain, decrease stress and anxiety as well as other discomforts associated with pregnancy. Learn what NOT to do during your pregnancy and why.

Bring yoga mat, block and strap, and water. Wear loose comfortable clothing.

\$30 Registration Fee

Call (303) 335-7086 to Register

Write to wendy@mind-body-sole.com for more information

Wendy Correa, a licensed massage therapist and yoga educator, has been teaching yoga since 1998 and has taught hatha, vinyasa, hot yoga, prenatal, mommy and baby, kids, gentle/yin, yoga on the ball, and yoga nidra. She has advanced certificates in Ashiatsu, Pre/Postnatal, Hot Stone, Arvigo Mayan Abdominal, Infant Massage and Reike.