

PRENATAL YOGA

Yoga for Expectant Moms
Safe and Effective Way to Prepare for Labor
and Birth

Taught by Elaine Fruchtman, E-RYT

Private Prenatal Yoga - \$55 per hour
Packages and Group Discounts
Available

Yoga is an ideal preparation for labor and birth. It also helps you to get into shape after the delivery.

Elaine, an experienced yoga teacher of 9 years, is registered with the Yoga Alliance. She is also an Advanced Phoenix Rising Yoga Therapy Practitioner.

For more information contact:

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