

Bikram Yoga -- San Francisco -- Inner Sunset

455 Judah Street @ 10th Ave, San Francisco, CA 94122

Phone: 415 753 8694

Email: fluidyoga@sbcglobal.net

www.fluidyoga.biz

Yoga and Pregnancy: Prenatal and Postpartum Wellness

Research has shown that preparation before giving birth allows for an easier physical and emotional transition postpartum.

Beginning Yoga: New Moms and Moms-to-be

New Pre natal Postpartum Yoga Class for new mother's, mother's-to-be and Infertility patients seeking life balance.

A special yoga class based on the Beginning Bikram Yoga Series. The class includes modifications of postures designed to meet the changing needs of your body. Emphasis on breathing, body alignment, and helping aches and pains caused through childbirth, motherhood and infertility treatments. See how yoga will benefit yourself, your babies, and your families.

When: Wednesday's

Time: 11:30AM-12:30PM

Cost: \$10.00 per person per class

Duration: On Going

Dates: January 16, 2008

Note: You do not need to be a mom to take this class, all are welcome to attend.

The class room will be warm approx 80 degrees, but not hot/heated.

FAQ's

- Arrive 15 minutes before the class starts
- Wear exercise pants/shorts and Tops- shirts.
- Bring a yoga mat, large towel and water. (Yoga mats and towels are available to rent, water to purchase)
- The room will be warm 80 degrees -- but not heated.
- Please do not eat before class.
- If nursing/pumping allow time before class.