



YOGA fusion

Presents:

Prenatal Yoga class with Praveena Fridays, 12:00pm - 1:30pm

Come and discover how prenatal yoga can enhance this time of transformation in your life, and help prepare you for childbirth and beyond. Classes are suitable for all stages of pregnancy. Modifications will be presented for ease and safety of practice. Our prenatal classes are very gentle, and provide a safe place for you to strengthen your mind and body during pregnancy. Prenatal yoga when practiced mindfully can have countless benefits which include increased flexibility, strength, balance and healthy circulation and help ease common pregnancy discomforts.



This class allows you to make friends who are experiencing some of the same transitions as you, while you are cultivating a real sense of yourself and a deeper and lasting connection to the baby within. Come to class and let's celebrate the duality of being connected and separate with your beautiful babe at the same time.

For Praveena yoga was a way of life growing up in India. Learning the art of pranayama, asana and meditation at the tender age of 11 was a priceless gift. She is a certified 200 hour Yoga Alliance teacher and studied with master teachers Donald Moyers and Mary Lou Weprin at The Yoga Room in Berkeley, CA. She is also a certified Judith Lasater's Relax

and Renew restorative teacher. She is currently training to be a certified comprehensive Balanced Body Pilates instructor. Praveena also holds a Master's Degree in English Literature and Journalism from Texas Christian University, Fort Worth, Texas. For any and all questions about your participation in this new class, visit Praveena at praveena123@gmail.com.

Her classes include attention to alignment and form, breathwork and meditation. She believes and honors in providing a safe space for students to explore and strengthen their mind and bodies with the practice. She honors the energetic in her classes and has faith in the transformational process of yoga.

Register online at

<http://clients.mindbodyonline.com/ws.asp?studioid=19309&stype=-7>

The Yoga Fusion

"the new Center of Yoga in the East Bay"

2217-N San Ramon Valley Boulevard San Ramon 94583
2 blocks north of In-n-Out, behind the Awe-dacious salon

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