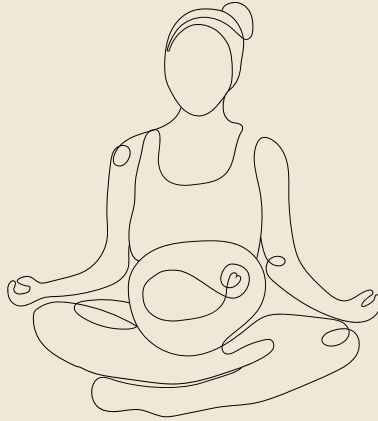


AVAILABLE CLASSES FOR PREGNANT WOMEN



- YOGA NIDRA
- MINDFUL MEDITATION
- SLOW FLOW
- YIN YOGA
- MEDITATION & SOUND
THERAPY
- HATHA YOGA
- AERIAL SOUNDBATH
- AERIAL YIN YOGA
- STRETCH & FLOW

- SERENE SUNSET FLOW
- PILATES MAT
- CLINICAL PILATES
- STRETCH PILATES
- FULL BODY
STRETCHING
- *PILATES REFORMER
- EVENING STRETCH &
MOBILITY