

Prenatal Yoga

with **Tina George**

**Thursday Mornings
11:00-12:15**

**Community Yoga Center
On The Plaza
890 G Street, Arcata**



Find a tranquil connection with mind,
body, spirit and baby-to-be in a
gentle relaxed atmosphere

Relieve tension in the ever-
changing body of pregnancy

Prepare for the sacred
entrance of your child
with ancient techniques of
breathing, postures, and
visualizations / meditations

Bond with expectant mothers
and share the beauty of the
evolutionary process of birthing

HEART OF THE ROSE

www.heartoftherose.net
www.communityyoga.org
707-498-5952