

# Prenatal Yoga Class

Every Thursday 6:00 – 7:15pm

Starts from May 17<sup>th</sup> 2012

**Instructor:** Susie Farnick

Certified Pre/Postnatal Yoga Instructor

## Course Specifics:

Susie Farnick joins our team of teachers with over 7 years of prenatal yoga experience including workshops and intensives. She welcomes you to join her in her prenatal classes that are designed to relax, refresh and restore your body during pregnancy. Each class will incorporate appropriate poses for every stage of pregnancy and explore the benefits of yoga for child birth and overall wellbeing.



No experience necessary and all levels are welcome!  
Classes are open to healthy pregnant women. Please get our waiver form signed by your doctor/midwife before attending class. Drop-ins welcome.

**Class location:** Pranaa Ayurveda Spa & Yoga,  
4017 Preston Road suite 532, Plano TX 75093

**Cost:** Drop in \$15/ class  
4 class card - \$52  
6 class card - \$75  
8 class card - \$92

Call Pranaa at 972-608-0402 for more info.

