

Prenatal Yoga

This class provides great benefits for women in their 2nd and 3rd trimesters to experience a happy healthy pregnancy. Prenatal yoga helps soothe common aches and pains associated with pregnancy, reduces stress and creates overall well being. Prenatal yoga deepens the connection with your body, baby and other pregnant women in the community preparing you for childbirth and motherhood.

Please get approval from your doctor/midwife before attending this yoga class.

No previous yoga experience needed. All Props are provided by the studio.



www.yogabalancelstudio.com
Tracy Carruth - 972.832.5864



Cortney Phillips
RYT 500, LMT

Cortney has been teaching prenatal yoga and Scaravelli inspired yoga since 2001. She is a licensed massage therapist focusing on therapeutic massage and is also certified in prenatal massage.

In addition to those certifications she holds a Bachelors degree in psychology that she earned in 2000. Cortney has been MamasteYoga licensed since October 2003.

Health Care Provider Release Form

Student Name

Estimated Due Date

I certify that (print patient's name) may actively participate in:
▼

() Prenatal Yoga Classes () Postnatal Yoga Classes

Physician Signature/Stamp

Date

Phone Number