

yogaview



FRUITFUL YOU

A PRENATAL WORKSHOP SERIES
WITH SARA STROTHER

SUNDAYS, OCTOBER 2-OCTOBER 23
2.00-4.00 PM
YOGAVIEW WILMETTE

10:2-10:30

Join certified Anusara teacher, Sara Strother, for a series of prenatal classes that will explore deepening your relationship with your body and budding life through yoga. Classes will cover the basics of movement as well as safely enhancing your practice and meditation while carrying your baby with the guidance of a pregnant teacher. Being in the company of women who are involved in this profound transformation will be insightful, empowering and nurturing. Fruitful You is designed for you to become educated about your prenatal yoga practice and changing lifestyle while in a supportive environment. Come and embrace the fullness of the fruits you bear in heart, mind and belly!

Sara has been a committed student of yoga for 12 years. As an Anusara certified teacher, Sara is devoted to educating students about the importance of aligning physically and intentionally to tap into the unlimited resources within. For more information please visit www.abalancedpractice.com.

cost: \$75