



Prenatal Yoga & Wellness Program

BLOOM WITH YOUR BABY

BLOOM YOGA & WELLNESS, LLC
123 UNION AVE, SUITE 104 ALTOONA

Dates: Saturdays Nov. 5, 12, 19, and Dec 3

Time: 9:00 -11:30 AM

Cost: \$125

Treat yourself or your loved one to the sweetness of bonding with baby while being empowered to meet pregnancy, birth, and motherhood with confidence. Classes include gentle yoga movements, toning, breath-work, and relaxation techniques. The program also includes weekly guest presenters who will share their field of expertise as it relates to women and babies' wellness.

Guest professionals

Taylor Edmiston - *Edmiston Physical Therapy*

Hannah Leiden-Olson - *Peace, Love, & Essential Oils*

Alison Keating - *Lactation consultant and La Leche League Leader*

Samantha Radford, PhD - *Owner, Evidence-based Mommy*

Program Guide

Sharon Green - *Professional Kripalu Yoga Teacher and Licensed Massage Therapist*

For questions or to register, contact Sharon at
(814) 943-2333 or yogamovesu@yahoo.com



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