

Prenatal Classes at **DHARMA YOGA STUDIO**



Yoga is an excellent exercise option during pregnancy, it can help soothe your aches and pains, help to reduce stress, teach you to relax and help prepare you for childbirth and motherhood.

Prenatal yoga provides the opportunity for you to deepen your connection with your body, your baby, and other pregnant women in the community.

Classes are open to pregnant women in their 2nd & 3rd trimesters. No previous yoga experience needed, but please do get approval from your Healthcare Provider before attending this class.

more details on the "**Pre & Post-Natal Yoga**" page on **DHARMASTUDIO.COM**

Location:

DHARMA STUDIO
3170 Commodore Plaza
Coconut Grove, FL

Dates / Times:

Ongoing Sessions
please email Mia to RSVP:
YogaWithMia@gmail.com

Fees:

single class: \$20
5-Class package: \$80 (lasts 6 wks)
10-Class package: \$150 (lasts 12 wks)

INSTRUCTOR: Mia Glick, RYT is a mother of one, a long-time Yoga practitioner, a Certified Prenatal Yoga Teacher, and a Certified Kundalini Yoga Teacher, who has been teaching prenatal yoga for almost 20 years. Her classes are safe, enjoyable, educative and rewarding.

For safety, we ask all Mothers to pre-register with the teacher: no drop-ins, please.

For questions, contact Mia: **YogaWithMia@gmail.com**

WHAT TO BRING: On the first day of class, please bring this Release Form, completed and signed by your healthcare provider, and the Prenatal Yoga Questionnaire. (you can download them from the prenatal page of our site, or come about 15 minutes early to fill it out at the studio.)

please bring your own mat, if you have one.

please wear comfortable clothes; be prepared to be barefoot.

no need to bring water bottles, we have purified water at the studio. enjoy.

Name of Client _____

Estimated Due Date _____

I, _____
(Healthcare Provider name / title)

certify that _____
(print patient's name)

may actively participate in: Prenatal Yoga Classes Postnatal Yoga Classes

date

office phone number

Physician signature / stamp