

Prenatal Yoga



A Wide Range Of Benefits For Mom-to-Be AND Baby

MICHELE ZERBEY, RYT, CERTIFIED PREGNANCY YOGA TEACHER

6 WEEK SESSION – Wednesday Evening

Date: March 21 – April 25, 2018

Time: 7:00pm to 8:15pm

Location: The Yoga Room at Kissel Hill Commons
620 Paxton Place, Suite 111
Lititz, PA 17543

Fee: \$78.00 per six-week session

Yoga classes designed especially for pregnant women. No previous yoga experience necessary. Through gentle postures, breath work, toning, deep relaxation and guided imagery will enable you to:

- ♥ Enhance overall health & well-being
- ♥ Learn to relax your body & mind
- ♥ Approach labor with confidence
- ♥ Deepen your connection with your baby
- ♥ Enjoy a community of mothers-to-be

For more information go to www.michelezerbeyyoga.com

To register: Mail payment and completed form below to: The Yoga Room Kissel Hill Commons,
620 Paxton Place, Suite 111, Lititz, PA 17543

REGISTRATION FORM

Name: _____

DOB: _____ Due Date: _____

Address: _____ Zip: _____

Phone (H): _____ Phone (W): _____

Emergency Contact: _____ Phone #: _____

Doctor or Midwife: _____ Participant e-mail: _____

Make Checks Payable to Michele R. Zerbey

PROFESSIONAL DISCLOSURE FORM AND GENERAL RELEASE

The undersigned assumes all risk of damage or injury that may occur as a student in my Yoga classes, both while attending classes and following instruction at home. In consideration of being accepted as a Yoga student the undersigned release and discharges Michele R. Zerbey and The Yoga Room from any and all claims, demands, and actions of any nature, whether present or future, anticipated or unanticipated, known or unknown, that result from the undersigned's participation in Yoga classes or practice of Yoga outside of class.

Signature: _____ Date: _____