

YOGA LOFT PRENATAL PROGRAM

JUNE 5~ JULY 28

With Genevieve Fischer & Kelly McAndrews

This 8-week program is appropriate for all levels of practitioner, and it is designed to bring fitness, safety, education, peace of mind, and a sense of serenity to your pregnancy. The prenatal classes will be both challenging yet restorative and *will give participants a chance to bond with other moms-to-be in a warm, supportive, intimate environment.* The lecture series will offer information that is meant as a *valuable supplement to the recommendations of your primary healthcare provider and/or OB/GYN.*

Part One ~ Prenatal Classes & Workshop (with Genevieve)

The price of Part One includes 2 prenatal yoga classes per week; the opportunity to take up to 2 other yoga classes per week on our regular schedule; one 30 minute consultation with Genevieve, to discuss any specific injuries or issues you may be dealing with; a How to Modify Your Practice During Pregnancy workshop; and a compiled list of local parent resources, including Mommy & Me classes, doulas, etc., based on recommendations from local OB/GYN's, mommies and daddies!

Prenatal Classes: Wednesdays 4:00-5:00pm/ Saturdays 11:30-12:30pm
Consultation: Set up with Gen during first two weeks of the program
Prenatal Workshop: Sunday, June 11th 3:00-4:30pm

**Genevieve Fischer is the founder of Yoga Loft. She teaches there in addition to working with several private clients, including prenatal clients. She completed the Yoga Works Teacher Training Program with Annie Carpenter & Lisa Walford in 2003 and has completed prenatal workshops with both Shiva Rea and YogaFit. She has studied extensively with Seane Corn, Vinnie Marino, Saul David Raye, Laura Miles, Shiva Rea, and Heath House.

Part Two ~ Lecture Series (with Kelly)

Sunday, June 25 th 3:00-4:30pm	<i>Nutrition for a Healthy Pregnancy</i>
Sunday, July 9 th 3:00-4:30pm	<i>Creating a Non-Toxic, Environmentally Safe Home for Baby</i>
Sunday, July 23 rd 3:00-4:30pm	<i>Bouncing Back After Pregnancy: Breastfeeding, Exercise, Nutrition & Creative Tips for Getting Back Into Shape & Staying Healthy & Calm</i>

Significant others are welcome at all lectures. Refreshments will be served. Topics are subject to change, depending on the interests of the participants.

**Kelly McAndrews will complete her master's program in Traditional Chinese Medicine at Emperor's College in Santa Monica in May 2006. She holds a Bachelor's Degree in Exercise Science & Nutrition from Arizona State University. Kelly is also a dedicated yoga instructor who teaches regularly at Yoga Loft and Spectrum Club and works with several private clients. She completed the Yoga Works Teacher Training program in 2002 and has studied extensively with Maty Ezraty, Annie Carpenter, Laura Miles, and Vinnie Marino.

Pricing

Part One only: \$300 before April 30th / \$350 after April 30th
Part Two only: \$150 for whole series / \$60 per lecture (significant others welcome)

Space is limited to 10 participants; pre-registration is required.