



The Yoga Centre of Burlington
541 Brant Street, Studio 1
Burlington, ON
L7R 2G6
www.yogaburlington.ca
Email: ycob@yogaburlington.ca
Phone: 905-639-6138



PRENATAL YOGA

With Dominique Sy, BA, HBCE, RYT, PNYT

Thursdays, 7:30 – 9:00 pm

During this pre-registered course students will learn asana (poses), pranayama (breathing), and restorative poses suitable for the first, second and third trimesters of pregnancy. The use of yoga props are used to assist in modifying poses as required. Some meditation and visualization are included.



It is suggested for students to register early so the full session is completed to help prepare for birth.

Students should check with their health care practitioner to confirm starting yoga or any exercise program during pregnancy.

No Yoga Experience Necessary
Full payment is required to secure your spot.

Classes are non-refundable, non-transferable and cannot be carried over.

To register please call the Yoga Centre of Burlington at 905-639-6138 or drop in at 541 Brant Street to sign-up in the office. We now accept

