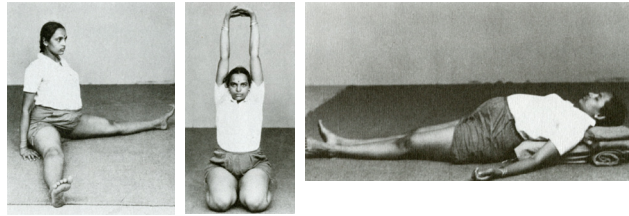


Prenatal Yoga

with Diane Gysbers



"The child in the womb is the product of the living thought of the mother throughout her pregnancy. The healthy body and the healthy mind of the would-be mother provide the fertile soil for the physical, mental and spiritual growth of the child.

It is my conviction that Yoga helps a mother in delivering a robust and healthy child. It keeps her body trim and lessens the tension in her nerves and mind by teaching her the art of relaxation." - BKS Iyengar

In this course you will learn simple *asanas* (yoga poses) that are designed to keep the mother healthy during pregnancy as well as increase sensitivity to the baby and its growth. These *asanas* aid digestion, circulation, ease breathing and ensure maximum room for the growth and motion of the fetus. Additionally the practice of the *asanas* is calming and provides stress relief for the mother. It is best to join the class no later than the 28th week of pregnancy if you have not been doing Iyengar Yoga on a regular basis during your pregnancy.

Tuesdays, 12:30 - 2:00pm

Series of six prenatal classes: \$108.

Drop-ins are welcome and the fee is \$21 per class.

No previous yoga experience is necessary.

1835 S. La Cienega, suite 240, Los Angeles, CA 90035 • tel: 310-558-8212, fax: 310-558-8313 • iyila.org

The B.K.S. Iyengar Yoga Association and IYILA are dedicated to the study, teaching and dissemination of the art, science and philosophy of Yoga according to the teachings of B.K.S. Iyengar.

All teachers at the Institute are certified in accordance with the assessment process set forth by B.K.S. Iyengar. IYILA is a not-for-profit institution.

2008 Specialty Courses: Prenatal Yoga w/ Diane Gysbers

Series of six prenatal classes,
Tuesdays, 12:30 - 2:00pm _____ (\$108)
(Drop-ins are \$21)

TOTAL: _____
Make checks payable
to "IYILA"

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Cash: Check: Visa: M/C: Amex: Discover: Card #: _____ Exp: _____

office use: date rec'd: approval code: check number: