



Vidya Institute

Pre-Natal Yoga

Mondays 5:30 – 7:00pm

In pregnancy, the mind and body experience a dramatic shift. Old ways of being and moving must change in order to support the new life unfolding within. Pre-natal yoga offers a place in which the body can be newly discovered, energized, restored, and balanced; in keeping with the specific needs of pregnancy. In addition, asanas (postures) that prepare for birth are explored, as well as breath awareness and relaxation.

Post-Natal Yoga for Parents

Mondays 4:00 – 5:00pm

New time constraints and responsibilities often limit time for yoga practice. This is, however, when an up-lifting and restoring interlude is most needed. In this post-natal class, asana (postures) will be used to strengthen, invigorate, and restore the body. Babies and children are most welcome as we remember...practice continues throughout all phases of life.

232 Christie Street (Two blocks south of Dupont on the West side) | 416.651.6558 | gyp53@hotmail.com

Classes begin **Monday June 27th, 2011, and are taught by Gina Vaccaro, YT, RKC

For more information on classes and scheduling, visit www.vidyainstitute.com.