



Basic Yoga for Expecting Mothers: Master-Class By Tracy Jennings-Hill

This Prenatal Yoga class is a gentle yoga class which incorporates a flowing sequence of classic yoga postures using props such as a chair, block, blankets and bolsters. This class is designed to teach instructors how to cultivate a nurturing practice for expecting mothers and to help prepare the body for child birth.

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
1.5	1*	1*	1*

*** Only if taken with the “YogaFit Pre-Natal Workshop”.
Classes alone do not offer any CEUs.**