

# Prenatal Yoga



**Prenatal yoga now offered at  
Ocean Spirit Yoga  
in Kittery, Maine**

**Summer session begins June 18, 2009  
Thursday evenings 6:00 – 7:15pm**

**[www.oceanspurityyoga.com](http://www.oceanspurityyoga.com)**

Prenatal yoga classes at Ocean Spirit Yoga offer mothers an inspiring class to prepare to give birth.

Classes will weave classical yoga, breath awareness, relaxation, meditation and childbirth education, offering mothers the space to connect more deeply with their growing babies and changing bodies.

All stages of pregnancy are welcome; no previous yoga experience is needed.

The fee for the 6 week session is \$80

Pre-registration is offered by email, also on the first day of the session,

Drop-in option is also available ~ you are welcome anytime

This class is lovingly taught by Andrea Rutherford, a childbirth educator, doula, and 200 hour classical yoga trained teacher.

for more information please contact Andrea  
**[andreanh@comcast.net](mailto:andreanh@comcast.net) or 603-498-1113**

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