

Prenatal Yoga Retreat

May 24 – 26, 2019

Oct 4 – 6, 2019

Relax, Rejuvenate and Connect with Your Baby

- ♥ Learn to stretch and strengthen safely
 - ♥ Learn to meditate, and take time for yourself
 - ♥ Enjoy precious time bonding with your baby, while being supported by other expectant mothers
 - ♥ Enjoy 3 vegetarian meals a day
 - ♥ Learn remedies for common pregnancy complaints
 - ♥ Receive one-on-one attention from experienced teachers
 - ♥ Learn restorative yoga postures, affirmations, and breathing exercises to prepare for a positive pregnancy, labor, and transition into motherhood
 - ♥ No Prior experience needed - gentle, safe, relaxing
- Stay overnight or come as a day guest
 - Bring your partner for a personal retreat stay during your retreat

Prenatal Yoga Instructor

Melody Hansen
E-RYT 500, C-IAYT, Certified
Ananda Yoga Therapist

Melody has been trained in Prenatal, Restorative, and Therapeutic Yoga, and has been teaching Ananda Yoga® and Meditation regularly since 2006. Melody has worked with many expectant mothers and has the knowledge and sensitivity to support you during this retreat.



The Expanding Light Retreat

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530-478-7518

www.expandinglight.org