



bridget foley
W O R K S H O P S

Prenatal yoga workshop

*Tap into the wisdom of your body. Enjoy quiet time with your baby.
Share experiences with other pregnant women*

Join yoga teacher Bridget Foley and other moms-to-be for a wonderful afternoon filled with yoga, breath work and reflection designed to leave you with a lasting memory of your pregnancy. Open to women in all stages of pregnancy; no prior yoga experience.

Instructor Bridget Foley is trained in the Ana Forrest method of yoga, which uses traditional hatha yoga poses to emphasize and promote physical, emotional, and spiritual well-being. She has completed Sweet Pea Studio's



pre-natal program. In addition to teaching pre-natal yoga, Bridget works with women throughout their pregnancies as a doula (birth coach) and as an energetic healer. Please visit Bridget's website for more information:
www.bridgetfoley.com

When: Three Thursdays,
February 26, March 19th
and April 16, 7:00 – 9:00 pm

Cost: \$30 a session,
\$80 for all three

Location: Allen Birth Center
406 W. Main Street
Allen, Texas 75013

To Register: Bridget Foley
Call 214.682.1207
or send an email to:
gypsybill7@sbcglobal.net