



bridget foley
W O R K S H O P S

Prenatal yoga teacher training

For yoga teachers, teachers in training and professionals who work with pregnant women

Upon completion of this comprehensive training, you will:

- Have the knowledge, understanding and techniques to support pregnant women to birth as consciously, naturally, actively and normally as possible.
- Feel confident to assess specific therapeutic needs and address them safely with yoga and modifications.
- Help pregnant women create a sacred ceremony around their pregnancies and birth time.
- Gain a deeper appreciation and understanding to work



holistically while integrating physical, emotional, energetic and spiritual well being.

Join Bridget Foley, Certified Senior Forrest Yoga and Prenatal Yoga Instructor, Energetic Healer and Doula for this workshop that focuses on providing support to women on the journey of pregnancy. For more about Bridget, visit www.bridgetfoley.com

To register go to

www.uptownyoga.com

Click on “schedule and rates”
Click on “View Schedule”,
then on “Workshops.”

When: Saturday March 7

12:30 – 4:30 pm

Sunday March 8

12:00 – 4:00 pm

Cost: \$250 before March 7

\$300 after March 7

Location: Uptown Yoga

2636 Thomas Avenue

Dallas, Texas 75204

