

Pre-Natal Yoga Pop Up with Lenka



This Prenatal pop up class will lead all mums carefully through sequences of yoga poses which are suitable for pregnancy and will make expectant mothers feel more comfortable in their pregnant body. We will focus on active stretches, opening poses and strengthening of the entire body.

You will fully connect to yourself and with your baby through movement and guided meditation. You will learn how to relax and breathe in both movements and stillness. We will go through yoga poses and breathing techniques which can help the delivery of your baby to be easier, faster and more natural. This class is suitable for complete beginners.

- 🌿 Date: Friday 14 June
- 🌿 Time: 10am-11.30am
- 🌿 Investment: AED 100 (including Nectar juice)

All prices are inclusive of VAT.

Book your place by emailing

info@bodytreestudio.com

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