

Yoga Studio Ganesha presents
Acupressure for Labor
&
Prenatal Partner Yoga

Stephanie Halderman & Devorah Blum



Come with your partner! Explore ways to give and receive physical and emotional support during pregnancy and labor. Learn acupressure points and techniques for the labor process, including pain relief and labor progression. Stretch and relax together using partner yoga and visualizations for a healthy birth.

Yoga Studio Ganesha
138 Weeks Way, Sebastopol, CA.

Saturday, Aug. 4th, Oct. 13th or Dec. 1st, 2007

2:00 – 6:00 PM

Please arrive on time!

\$100/couple

Contact: Devorah Blum (707) 824-1198
or Stephanie Halderman (707) 823-4342

Class size is limited. Please register early.
Payment will reserve your spot. No refunds 10 days prior to class.
For more info: www.easternholisticcenter.com or www.yogastudioganesha.com