



**BLUE
BANYAN
YOGA**

6 Week Prenatal Series with Meredith Jacoby

Thursdays 5:30-6:45 PM.

March 4th - April 8th

Series - \$75 // Drop- In - \$20

No previous yoga experience necessary.

Join Meredith while connecting with yourselves, your unborn baby and the sweet pregnant community around you. For 6 weeks you will journey through postures, breathwork and meditation together, honoring your unique physical and emotional needs while pregnant.

These classes will help ease the common discomforts of pregnancy, and help you prepare for birth as well as the postpartum period.

Invite yoga to be a part of your gateway into motherhood.

Meredith Jacoby completed a 200 hour yoga teacher certification in 2000. Blending various yoga styles (including Ashtanga, Anusara and Iyengar), her classes encourage exploration of the immense healing capacity of yoga in a safe and nurturing environment. Certified in prenatal yoga in 2001, Meredith is passionate about supporting women in all stages of pregnancy and motherhood. Combining mindfulness meditation, breath work, and yoga postures she helps students experience their innate ability to live healthy, peaceful lives. Meredith's constant sunshine are her beautiful sons, Jacob and Lucas



Pre registration is requested, space is limited



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