



Pre and Post-Natal

# Yoga Series

For Expectant and New Moms (with a child under the age of 3)

## Embrace the Magic of Motherhood

This nurturing Belightful Yoga series is designed to benefit your whole well-being throughout your pregnancy, birth, and beyond. The series helps expectant and new moms embrace their changing bodies and lives with grace and acceptance as they practice breathwork, gentle yoga and relaxation techniques. The safe, empowering classes allow you to connect with other new moms as you connect with your mind, body and spirit, too.

Class is limited to 15 participants. No prior yoga experience needed. Wear comfortable clothing and bring a blanket. Mats provided. Participants required to sign a liability waiver.

**Thursdays, April 21 – May 26, 2022**  
**10:00 AM to 11:00 AM**



SERIES TAUGHT BY  
BELIGHTFUL YOGA INSTRUCTOR  
DONNA ARSENAULT, E-RYT

Belightful®



Be light. Be full. Be U®



CHALDEAN COMMUNITY  
FOUNDATION

Held at Chaldean Community Foundation  
3601 15 Mile Rd, Sterling Heights, MI 48310

For more information or to register in advance, call 586-722-7253

