

Yoga for a Healthy Pregnancy

with Ashley Walburn



During this class, you will learn of yoga poses that are specifically tailored for the pregnant mother's changing body... and even be given tools to begin practicing yoga in the comfort of your own home. You will also learn of natural remedies – movement, nutrition, relaxation, breath work and yoga postures – that can be used for common pregnancy discomforts, such as insomnia, back pain, stress / anxiety, morning sickness / nausea, dizziness, heartburn, swelling, etc.

- No previous yoga experience required.
- For all pregnant patients to attend... regardless of which trimester you are in.
- Just bring a pillow (and a yoga mat, if you have one).
- Space is limited, so please register in advance (see below).

Quarterly Wednesday workshops:

Feb 29 from 6-7:30 p.m. May 30 from 6-7:30 p.m. Aug 29 from 6-7:30 p.m.

\$20 per person

To be held at Women's Health Associates' Shawnee Mission office:

9119 W. 74th Street, Suite 300, Shawnee Mission

(913) 677-3113 | www.WomensHealthKC.com | visit us on 

Ashley Walburn is a mother of four sons. She has been practicing yoga since 2001, and is a 200-hr Yoga Alliance Registered Yoga Teacher (RYT). She is a doula, a marriage and family therapist and a certified pre-natal yoga instructor through Collette Crawford at the Seattle Holistic Center.

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Please pre-register



Name: _____ Email: _____

Phone: _____

Workshop: Feb 29 May 30 Aug 29

Payment: Cash Check (enclosed)

Credit card (circle one): VISA MC AMEX Discover

Card number: _____

Exp: _____ Amount: _____

Please return registration / payment to Women's Health Associates, Attn: Prenatal Yoga Workshop,
9119 W. 74th Street, Suite 300, Shawnee Mission, KS 66204