

AN EXCITING NEW CHABAD PROGRAM *JUST FOR WOMEN*

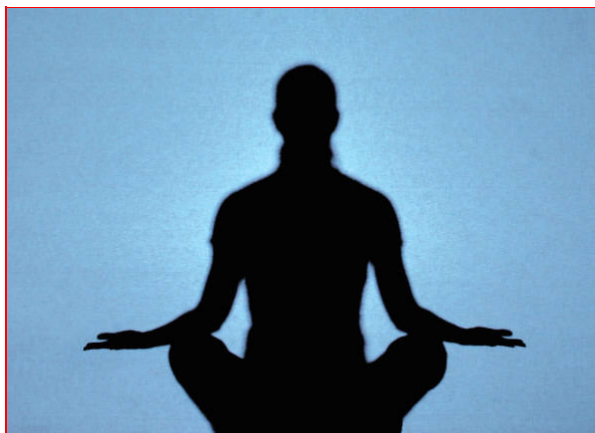
Pregnancy Yoga Class

Register Today!
Class space limited to 10 participants.

Presented by Erica MS Statman, D.C, C.C.P

This class focuses on strength, tone, breath and alignment. It is gentle and non-impact. The yoga poses taught are specifically designed for the pregnant woman's posture and special needs. It will also help to teach relaxation and prepare her body for childbirth.

Please be sure that your midwife or OB/Gyn says it's OK to start a low-impact exercise program before you sign up for this class.



What you'll need:

- Loose, comfortable clothing
- Towel or blanket for the floor
- Another towel to be "rolled up" or small pillow for prop.
- Rope or bathrobe belt (3+ ft. in length)
- Permission from your midwife or OB/GYN to participate

Where and When

All classes will be held at the Chabad-Lubavitch of Northern Virginia.

3939 Prince William Drive , Fairfax, VA

on the corner of 236 Little River Turnpike and Prince William Drive
only 4 miles from the Beltway

For more information and to register, please call Dr. Statman at (703) 383-1630. Or email her at chirolady@aol.com.

Session I: June 6, 13, 20, 27 at 7pm

Session II: July 11, 18, 25 and August 1st at 7pm

Cost: \$35 for one session or \$65 for both.