

Lawrence Family Jewish Community Center • JACOBS FAMILY CAMPUS
4126 Executive Drive • La Jolla, CA 92037-1348



Qualcomm Sports, Fitness & Aquatics Complex

Current Session runs thru March 1, **DROP-INS ALWAYS WELCOME**

Prenatal Yoga

Are you looking for a class to help prepare you for labor, birth and motherhood?

Prenatal yoga does all of that and more. It prepares your heart, mind and body for the transformative experience of giving birth and mothering a new baby. No matter what kind of birth you are planning, a regular practice of connecting your breath and body will positively impact your birth.

Classes open with dialogue, meditation, breath work, and then physical practice and poses. Themes relative to labor and birth are woven into class and handouts offered.

**8 Week Sessions: Thursdays 6:30-7:45 P.M.
March 8, 2018 - April 26, 2018**

Dance Room

Price: \$104 | JCC Member: \$84

Drop-in fee per class:

\$12 member • \$15 non-member

INFORMATION:
Robyn Cohen
robync@lfjcc.org
(858) 362-1340



*Instructor **LAURA MCINTIRE** has dedicated herself to the study and teaching of yoga therapies. Since 1994 she has continuously sought out respected and innovative teachers and trained in the styles of Ashtanga, Vinyasa, Anusara, Yoga Tune Up, MELT Hand and Foot, Restorative, Partner, Acro Yoga and AYPit. Laura's teaching is augmented by her continued studies in anatomy and physiology, exercise physiology, energy work, and other therapeutic modalities.*

Prenatal Yoga Registration Form

Send completed form with payment to: Lawrence Family Jewish Community Center • JACOBS FAMILY CAMPUS

Make check payable to: Lawrence Family JCC • 4126 Executive Drive • La Jolla, CA 920037-1348 • Attn: Fitness Department

Name _____ Phone (H) _____

Address _____ Phone (W) _____

City, State, Zip _____ JCC Member: Yes No

E-Mail _____

WAVIER: Participation in any activity and use of any recreational facility involves a risk of accidental injury despite all safety precautions. Having been informed of the activities to be conducted by the Lawrence Family Jewish Community Center, JACOBS FAMILY CAMPUS, I/we as an individual or as a parent or guardian of the participants named herein, assume all risk and hazards incidental to the activity, and release from responsibility and agree to indemnify and hold harmless the JCC, it's officers, directors, independent contractors, volunteers and all employees for any illness or injury to me or my children or family members, occurring during his/her/our participation in any activity or use of a recreational facility at or conducted by the JCC.

Signature _____ Date _____

Emergency Contact _____ Phone _____

