



REGISTER HERE



PRE-NATAL YOGA & EAR SEEDING

at High Peaks Yoga Shala

SATURDAY, MARCH 21, 10:30 A.M. - 11:30 A.M.

2733 MAIN ST, 2ND FLOOR, LAKE PLACID | \$35/PERSON

A gentle, grounding hour created especially for expecting mothers.

This nurturing experience includes:

- Pre-Natal Yoga with Anna Nyman, focused on breath, mobility & connection
- Ear Seeding with Colleen Conroy (non-invasive acupressure) to support pregnancy
 - A calm space to slow down and be held during pregnancy

ALL TRIMESTERS WELCOME

♥ **LIMITED SPOTS AVAILABLE** ♥