



BABY & ME

FITNESS

ESTABLISHED IN 1987

Expecting Couples Weekend Retreat

Yoga Journey Into Childbirth: Practise and Preparation with Karen Weinthal

September 28-30, 2007

Experience a full **Childbirth Preparation course** and **Couples Yoga** in beautiful **Prince Edward County**

Childbirth Preparation: Together couples will prepare for labour and birth, learning practical, body-centered strategies, and exploring topics of baby care, breastfeeding, parent relationships and life changes.

Couples Yoga: Individually and together couples will practice yoga to enhance flexibility, stamina and strength and learn supportive touch. Practice will include traditional yoga poses, breathing, vocal toning, visualization & meditation.

The weekend includes:

- 10 hour labour preparation course complete with comprehensive manual
- 3 sessions: individual and partner yoga
- Optional silent meditation
- 2 nights lodging and 4 gourmet vegetarian meals

This course is appropriate for couples due from mid October to December.

Karen Weinthal is a CCE, certified childbirth educator and RYT certified yoga instructor, with over 20 years teaching experience and mother of three.

Space is limited. Register early.

Where: **Shanti B & B and Yoga Retreat** www.shantiretreat.ca.

Cost: \$650 per couple

(early bird \$600 with registration and payment before August 17, 2007)

Contact:

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