

Prenatal Partner Yoga Workshops

with Ashley Walburn

Bring your Spouse, Partner or Birthing Coach

This workshop will help the prenatal couple prepare for birth through childbirth education and yoga poses for pregnancy and birth. We will also emphasize partner massage during the birthing process and deepening your connection with each other during this magical time.

UPCOMING DATES:

Sunday, July 11th: 4:30-6:30pm
Sunday, September 12th: 4:30-6:30pm
Sunday, November 14th: 4:30-6:30pm

Cost: \$25 per person; \$50 per couple



Photo by Christina Lundeen
www.christinalundeen.com

About Ashley:

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

11711 College Blvd, Overland Park, KS 66211; (913)498.1144;
www.darlingyoga.com; info@darlingyoga.com
(Located at the Southeast corner of the intersection of College and Quivira)



Prenatal Partner Workshop

PLEASE PRE-REGISTER, \$25 per person / \$50 per couple

July 11

Sept 12

Nov 7

Name: _____

Cash/Check Enclosed: _____

Email: _____

Credit Card: VISA MC AMEX DISCOVER

Phone: _____

Amt: _____

Card No: _____

Exp Date: _____