

# 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, August 9<sup>th</sup>: 4:30-6:30pm

Sunday, October 4<sup>th</sup>: 4:30-6:30pm

Sunday, November 29<sup>th</sup>: 4:30-6:30pm

**Cost:** \$20 per person; \$40 per couple



Photo by Christina Lundeen  
www.christinalundeen.com

### About Ashley:

Ashley Walburn is a mother of four sons. She has been practicing Ashtanga and Vinyasa 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 pre-natal 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 - Ashley Walburn

PLEASE PRE-REGISTER, \$20 per person / \$40 per couple

Aug 9th

Oct 4th

Nov 29th

Name: \_\_\_\_\_

Cash/Check Enclosed: \_\_\_\_\_

Email: \_\_\_\_\_

Credit Card: VISA MC AMEX DISCOVER

Phone: \_\_\_\_\_

Amt: \_\_\_\_\_

Card No: \_\_\_\_\_

Exp Date: \_\_\_\_\_