

Comfort & Balance

Alternate Solutions to Everyday Stress



PRENATAL YOGA CLASSES



**For your body,
For your spirit,
For your baby!**

No Previous Yoga Experience Required

This ongoing class supports & encourages women to increase overall strength, flexibility & wellness. Prenatal classes are an amazing gift for yourself or someone you love. Classes are every Wednesday, 6:15-7:15pm. Sign up and more info at comfortandbalance.com/yoga or call 732-750-8767.

**These Amazing 9 Months Go By Fast,
Don't Miss This Wonderful Opportunity!**

- Our yoga classes are designed to help prepare the mind & body for labor, delivery and motherhood.
- Yoga can help reduce back pain, aid in digestion & increase circulation.
- Expecting yoga moms increase awareness which allows them to learn about & work with their natural body rhythms.
- Traditional postures are modified to accommodate physical changes at all stages of pregnancy.



Gift Certificates Available

*This is the perfect gift for
expecting moms.*

**Dads
Co-Moms &
Birthing Partners
Welcome!**