

Pregnancy Yoga

with Burcin Ozyurek

- **Yoga poses specially adapted for pregnant women**, with a focus on the relieve of hip and back pain during pregnancy, improving spinal alignment and **toning the muscles**.
- Complementing with **restorative yoga** to nourish and restore.
- You will learn how to **relax and release tension** through breathing for a smooth pregnancy and easy labor.

Burcin is a certified prenatal and postnatal yoga teacher.



- Fabulous Yoga – Langsom 28 in Amsterdam
- info@fabuloulyoga.nl / 06-15 465 854
- Every Thursday: 18:30 – 19:45
- Book your class [here](#).

www.fabuloulyoga.nl