



Prenatal

Yoga
with Amanda

Amanda Powell-Wooten, Certified Prenatal Yoga Instructor •
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Nourish Your Baby...

Date

Wednesday Morning

Time

9am-10am

Location

Elements Day Space

Additional Info:

Bring your mat and water
bottle!

Join Amanda!

Join us for this fun & radiant
light yoga class!

Call ahead to reserve your
space in our quaint little studio

We have healthy snacks

1st Trimester, 1st time on the
mat? Let me know and I will
help enhance your experience.
Also great practice during 2nd
and 3rd trimesters.

Located in the SoHo Shops by
Market Common. The studio
holds 4 to 5 comfortably to
allow for more room for baby
and mama. The suggested
donation is a sliding scale \$5-
\$15 per class. We don't turn
anyone away for a lack of
funds. Those that can give
more help balance out those
that have less to give.

Amanda
(843) 839 - 2762

www.elementsdayspace.com