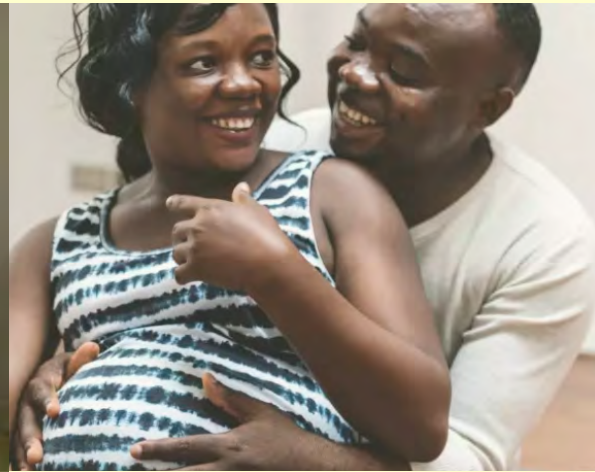


PARTNER YOGA FOR LABOR & BIRTHING

WITH SHANA LANE & ZHENYA NOVGORODSKAYA



Discover positions and movements to enhance your labor and birthing experience during this intimate afternoon workshop for partners. Join us to learn valuable information for increasing connection during labor, improving fetal positioning through movement and birthing positions, useful breath awareness practices and pain coping techniques for a natural birth.



Zhenya & Shana both offer on-going prenatal yoga and mom & baby yoga classes. Shana has continued to diversify her work by offering workshops in infant massage and postpartum healing for moms. Zhenya's work is highly influenced by her mentor Pam England, author of "Birthing from Within" and "Ancient Map for a Modern Birth." She is inspired to help parents by approaching birth as a right of passage that offers tremendous opportunity for personal growth and transformation.

save the date

Sunday

November 10, 2019

2:30–5:30 pm

Price per Couple

\$75 + tax pre-registered

\$80 + tax at the door

High Desert Yoga 4600 Copper Ave NE, Albuquerque, NM 87108

www.HighDesertYoga.com • 505-232-9642