

Special Event

Saturday, February 10th • 11am - 1pm

Free Prenatal Yoga Class and Book Signing

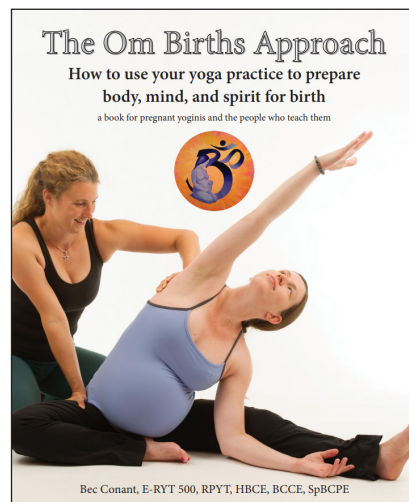


Relax your mind and balance your body with a free prenatal yoga class led by Om Births Founder and local prenatal yoga teacher Bec Conant!

Bec is a highly experienced - and highly certified - prenatal yoga instructor, birth doula, and childbirth educator. Her program, Om Births, is renowned for helping thousands of parents welcome their babies in a conscious and joyful manner. Bec helps students find their own body balance to create fewer aches and pains, better body confidence, smoother births, and a strong postpartum. Bec's life work is to help pregnant people understand their bodies and restore their power in their birth choices.

Learn how to use movement, breath, and mindfulness to prepare for labor and connect with your baby at the same time.

Bec's book, *The Om Births Approach*, will be available for purchase. Bec will gladly sign copies and answer questions.



tatnuck
bookseller
Gift Gallery & Café

Westborough Shopping Center
Route 9 & Lyman St. • 508-366-4959
Open Monday - Sunday 10am - 8pm
www.tatnuck.com

