

This is Not Your Mother's Prenatal Class...
A New Generation of Gourmet Childbirth Preparation

BIRTH PREP~YOGA FUSION

FOR PREGNANCY BIRTH & POSTPARTUM

Birthing From Within® Meets Downward Dog



EVENING & WEEKEND CLASSES

Birth Roots Doula Collective ~ 206 -83 Sherbrook Street
For information or to register ~ www.birthrootsdoulas.com

Jennifer McRae-King mother, occupational therapist, doula, certified *Birthing From Within*® mentor childbirth educator & designer/owner of gurumama baby slings teams up with Krista Jackson certified yoga teacher, actor and mother to bring you this funky twist on childbirth preparation.

STRETCH YOUR MIND AND BODY AND DISCOVER THAT ALL YOU REALLY NEED COMES FROM WITHIN

gurumama

A funky twist on ancient mama wisdom