



# Mom Bod Bliss Workshop

*Whether you're earning your MomBod with baby #1 or recovering your Mom Bod post baby come invest two hours on your Mom Bod Bliss Journey*

Prenatal / Postnatal Yoga and Pilates helps you prepare for baby and gives you the self-care and support you need to be the best momma!

Continuing your physical activity is so important to your overall wellbeing, mental health, and stress reduction. Try prenatal yoga and Pilates. Meet other mommas in your area also looking for a healthy pregnancy through movement on their journey.



20 Hartford Rd #12, Salem, CT 06420

## Workshop Includes:

30 minutes of a prenatal yoga flow

30 minutes of a prenatal Pilates flow

60 minutes for exhibit exploration, Q/A, and meeting with instructors

Snacks (let's be honest, who doesn't love snacks?)

**Saturday 1/12/19 from 1-3 PM**

## PRICING PER CLIENT

- SALEM RESIDENTS \$45
- NON-RESIDENTS \$50

*Private and Semi-Private sessions available immediately.*

*Classes will be scheduled based on interest.*

## Hosted by:

**Alisha Bliss** certified Pilates instructor &

**Michelle Little** certified yoga instructor (RYT 200, RPYT)



**RESERVATIONS:** Pre-registration is required through Salem Parks & Rec. Space is limited and sign-ups are available at [http://www.salemct.gov/Pages/SalemCT\\_Recreation/programs](http://www.salemct.gov/Pages/SalemCT_Recreation/programs)