



# 9/23/2017 SACRED BIRTH SEMINAR #1

## Birth Education Seminar & Pregnancy Yoga

Emily Bohannon, certified Birth Doula of B 4 Birth, and Angel Coughlin, Certified Prenatal & Postnatal Yogi of Sacred Space Studio will be presenting a Birth Education and Yoga Seminar in STATESBORO! They will help prepare pregnant women for what is to come in Pregnancy, Labor, Birth and Postpartum. Emily will teach families practical ways to have a positive birthing experience and how to prepare for the birth they want. Angel will show families how to safely move and release tension in their bodies and minds! There are limited spaces, so sign up today at [www.sacredspaceyogi.com](http://www.sacredspaceyogi.com)!

GET READY FOR  
BIRTH

PREGNANCY YOGA  
& TENSION RELEASE

LABOR EDUCATION  
PREPARATION &  
RELAXATION

PRACTICAL  
APPLICATIONS TO  
HAVE THE BIRTH  
YOU WANT

\$30 FOR 1  
SEMINAR  
\$75 FOR 3

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