



# yogasynergy Prenatal



Yoga practice during pregnancy creates a sense of well-being and helps prepare a mother's body for the birth of her child. Being among other pregnant women is nurturing and has a special energy.

Yoga Synergy Prenatal classes flow at a relaxed pace with adaptation of postures for women at different stages in their pregnancies.

Prenatal classes are casual and you may attend at any time during your pregnancy. You may also attend Open Casual classes or a course suited to your level. All Yoga Synergy teachers are trained to safely teach pregnant women in these classes. Please arrive 10-15 minutes before class starts.



## When & Where

Thursday 6.30 – 8.00 pm

Saturday 9.00 – 10.30 am

Yoga Synergy Bondi

Room 1, 115 Bronte Rd, Bondi Junction

## Special Offers

Step 1: 2 weeks unlimited yoga only \$25\*

Step 2: 10% discount on 10 class pass\*

\*Conditions apply, ask in class for details



## Class prices

Drop-in class

\$20 / \$18 concession

10 class pass

\$170 / \$130 concession

4 weeks unlimited

\$180 / \$140 concession

Unlimited classes (6 month term)

\$75 / \$60 concession per fortnight

2 weeks unlimited  
yoga only \$25\*



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### About the Teachers

Lilian Rytt and Robbie Solomon have both been trained in the Yoga Synergy style in addition to their own qualifications and expertise that they bring to the prenatal classes.

#### Lilian Rytt

Lilian is a qualified Shiatsu practitioner and lecturer (Nature Care College) and a Bowen Therapy and Radiance Technique practitioner. Lilian is also a practicing Childbirth Educator and has assisted in many births as a doula.

Lilian has studied many styles of yoga ranging from Oki Yoga, Iyengar Yoga and Yoga Synergy style yoga. Her years of working with the body, teaching experience in many disciplines and yoga practice all contribute to her teaching style and knowledge.

#### Robbie Solomon

Robbie is a Registered Nurse and Registered Midwife. Since 1997 she worked full-time as a midwife, in both labour ward and birth centre at Royal Hospital for Women. In 2005 Robbie had her daughter Eve, and has since been working part time at Royal Women's and teaching Prenatal Yoga classes in addition to being a mum!

Robbie has studied many different styles of yoga ranging from the more gentle style taught by Satyananda, Ki Yoga, Iyengar yoga, Ashtanga Yoga and Yoga Synergy style. Robbie brings to the prenatal classes a vast experience in meditation, yoga, childbirth and parenting.



[www.yogasynergy.com](http://www.yogasynergy.com)

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