



**Breathe Better Feel Better  
Birth & Heal Better.**

Being **body ready** means you have stacked the cards in your favor for the way you wish to meet your baby.

In birth and life, there are no guarantees. However, it IS possible to create the best preparation for your journey through pregnancy. Take control of the controllables and train your body specifically for birth!

**Join Sandy, a BRM®Pro for in person consultations, classes, and workshops at On The Path Yoga.**

Can't do in person? No problem. The BRM® online program is excellent; endorsed by DONA International and the American College of Nurse Midwives. Use code *BijaYoga* and save \$10 off the online program.

**On The Path Yoga**  
701 E. Savidge #3  
Spring Lake, MI 49456  
[www.OnThePathYoga.com](http://www.OnThePathYoga.com)

# *Bija & Baby!*



*“from seed to sprout”*

**Personal Consultations  
Childbirth Education  
Ayurveda & Yoga**  
*Support in preconception,  
pregnancy, birth, and  
postpartum recovery offered  
through **On The Path Yoga.***

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vinyasa 9:00-10:30am			Vinyasa 9:00-10:30am	Gentle Yoga 8:30-9:45am	Gentle Yoga 9:00-10:15am
<i>*Gentle e³ Prenatal Yoga 10:30-11:45pm</i>	Chair Yoga 10:30-11:30am	Foundations <i>10:30-11:45am</i>	Chair Yoga 10:30-11:30am		<b>Sunday</b> Gentle Yoga 10-11:15am
	Lunchtime Gentle 12:00-12:45pm		Lunchtime Gentle 12:00-12:45pm		
				<b>Yoga Only Class Pricing:</b>  Single Drop In \$10 12 Class Punch Card \$100 Monthly Unlimited \$50 Annual Unlimited \$500 <b>Pregnancy packages available! See side panel for details.</b>	
<i>*Gentle e³ Prenatal Yoga 5:30-6:45pm</i>	Foundations 5:30-6:45pm	Vinyasa 6:00-7:15	<i>*Gentle e³ Prenatal Yoga 5:30-6:45pm</i>		
	Restorative 7:00-8:15pm				

Our complete weekly schedule is shown.  
\*Recommended prenatal classes are in **bold**.

**Gentle/Prenatal Yoga Classes**  
**Mondays at 10:30am and 5:30pm;**  
**Thursdays at 5:30pm**

These weekly class times are taught by certified prenatal instructors with movements and breath techniques that support pregnancy and preparation for birth. You can also bring baby postpartum.

The following classes may also provide options for attendance:

**Gentle Yoga:** A slow progression of relaxation, stretching, and basic yoga poses which enhance the body-mind-spirit interconnection. **Note:** not all Gentle Yoga classes are taught by certified prenatal instructors — please be comfortable with modifications for your pregnancy.

**Chair Yoga:** Incorporates the use of a chair for seated movements and to provide optional support when standing. Great for beginners, anyone that has physical limitations or compromised balance, and *people in advanced pregnancy who find floor work difficult.*

**More information and offers:**

**Sandy Parker is your Prenatal Doula!**

She has a BS in Health Education and is a Pregnancy & Birth Educator, Body Ready Method® Pro, Trauma Informed Birth Doula, Restorative Exercise Specialist, Ayurvedic Lifestyle Consultant, and Nutritional Therapist.

Sandy specializes in pelvic health from menarche to menopause. She believes that pregnancy is a healthy physiological process, birth is a rite of passage, and everyone deserves the best education, support, and respect in this amazing journey to birth and beyond.

**Basic pricing below; scholarships are available**

**Pregnancy Consultation (2 hours) \$147**  
Includes alignment & body balancing, breathing techniques, and labor prep

**Special Pregnancy Package Yoga Prices with 1-hour mini consultation sessions:**

**One Trimester Package \$175**  
3 months of yoga + 1 personalized session

**Two Trimester Package \$375**  
6 months of yoga + 2 personalized sessions

**Three Trimester Package \$575**  
9 months of yoga + 3 personalized sessions

**Prenatal Prepare + Partner™**

This workshop is a perfect way to experience how to improve communication between partners, understand the stages of birth, explore labor positions, and practice hands-on comfort measures.

For current workshop schedule, registration, and general information, please contact the studio at:

**OnThePathYoga.com 616-935-7028**  
**Sandy@OnThePathYoga.com**