

# ACTIVATE YOUR INSTINCTS™

More than Prenatal Fitness –  
**Birth Readiness™**

**YOU are Primal, Powerful and Wise.**

Discover the keys to activating your birth instincts  
for a shorter, easier birth.

preconception • prenatal • postpartum • babies welcome



## Weekly Class:

Contact Danielle Rodhouse  
for class information.

(831) 521-1692

[daniellerodhouse@ebcglobal.net](mailto:daniellerodhouse@ebcglobal.net)

*5 week series  
starts Sept and  
Seaside Yoga*

*Sanctuary  
7-8:15pm*



dancing for birth.com