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Pre & Post-Natal Tuesdays and Thursdays from 1:15 – 2:15PM

Julie Ducote



Julie Ducote received her yoga certification from New York Yoga with David Hollander and Michael Gilbert. She completed her prenatal training with Mia Borgatta at Lilia Yoga. Originally a dancer, Julie studied at Alvin Ailey American Dance Center where she completed the U.S. Independent Study Program. She continues to teach dance along with yoga throughout the city. Julie hopes to create a loving and relaxed environment while inspiring light and grace in her students.

About the Class

During this vinyasa-style class, students will be working on asanas to prepare them for labor, delivery, and postpartum recovery.

Prenatal yoga helps expectant mothers alleviate symptoms associated with pregnancy, such as sciatica, fatigue, swelling, and aiding digestion.

Not only is this class a great way to physically prepare for birth, but it is also a way in which expecting mothers can share their concerns and experiences with one another.

Pre-natal classes inspire mothers to deeply connect with their babies and prepares them for their new journey together!

Cost: \$19 drop-in or a single class from any class package.

Tuesday class begins February 6th