



*Present Pregnancy '12*

# Prenatal Yoga with Kate Coletti

**Monday**  
5:30-6:45pm  
at Yoga Community  
in Sonoma

**Tuesday**  
12-1:15pm  
at Ubuntu  
in Napa

**Wednesday**  
11-12:15pm  
at Yoga One  
in Petaluma

**Friday**  
12-1:15pm  
at Turtle Island Yoga  
in San Anselmo

**Saturday**  
11-12:15pm  
at en-er-gy  
in Sonoma

**Childbirth Preparation**  
4-week series held Wednesday evenings  
from 6-8pm. Location alternates monthly  
between Sonoma & Petaluma.

**Sunday Workshop Series:**  
Present Pregnancy Workshops &  
Prenatal Partners: Yoga for Birth  
Offered one Sunday a month  
from 12:30-3pm in Petaluma.

**Prenatal Massage**  
Monday & Wednesday in Petaluma  
at Wellness by Design (707) 762-7687  
Tuesday & Friday in Sonoma  
(707) 483-7061

Visit [www.PresentPregnancy.com](http://www.PresentPregnancy.com) or call Kate at (707) 483-7061 for more information  
or to register for workshops & childbirth classes.