



Riverdog Yoga Presents:

Prenatal Yoga

with Marcia Calisman.

Maintain your yoga practice in the Riverdog Yoga community of Mom to Be.
Share your support and gain the same from others.
Breathe, Soften, Ease into the Journey of Motherhood through Breath, Yoga and Relaxation.

6 sessions: 5 Thursdays afternoons 4:15 - 5:15pm; beginning May 1st.

Fee: \$99.00 with registration by Tuesday, April 22nd.
(A minimum of 5 moms-to-be is required for class)

Marcia Calisman was born and raised in Brazil. She lived in Israel for 15 years until her arrival in the States in 2005. She is a gifted Holistic practitioner, certified and trained in many energy therapies. Her work combines Craniosacral Therapy, Polarity, Dynamic Energy Healing and Shamanic Traditions. She is an Infant Massage and Baby Yoga instructor, as well as a Holistic Childbirth Educator, trained with the Igor Charkowsky Method. (Dr. Charkowsky developed the water birth technique in Russia, in the 1960's.)

For the last 18 years, since her pregnancy with her first son, Marcia has been exploring the Healing Arts and Spirituality, having learned and trained with many international teachers, midwives, shamans, etc. She brings to her work as a facilitator and practitioner, an organic and authentic way that weaves ancient and modern traditions. She works with all ages, from birth to late adulthood and also with women during their pregnancies and at birth. As one can imagine from her diverse expertise, she truly delights in working with families in both the perinatal and prenatal periods of life, facilitating healing and bringing awareness to the foundations of Life.

Marcia is married and is a mother of 3 children. She has enjoyed practicing Yoga, Chi-Kong, Belly Dancing and Meditation for many years.

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