



Yoga for Good
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PRENATAL YOGA CONSENT FORM

A class designed for pregnant women to increase strength, flexibility and emotional well being.

The class consists of:

- yoga postures/movements to relieve common pregnancy complaints
- Stress management: relaxation, abdominal breathing and mindfulness
- Information and emotional support

I give permission for my patient, _____ to attend Prenatal Yoga classes with Meg Wambach, RYT.

Comments or Restrictions:

Doctor or Midwife:

_____ Phone: _____

Signature: _____ Date: _____