

A Gift for You • A Gift for a Friend



YOGA FOR THE CHILDBEARING YEARS

- Prenatal & Postnatal Yoga Classes
- Labor Prep Workshops for Couples
- Evidence-Based Childbirth Education Classes
- Mom & Baby Support Groups
- Itsy Bitsy® Yoga for Babies, Tots, & Tykes
- Healthy Mamas Training Teams

Client Referral Offer *Introduce us to a Friend!*

Your friend receives 10% off their first class or workshop with this card.

You receive a \$5 credit toward your next class or workshop when they redeem it!

804-612-6366
www.OmMama.com

**Offer valid through 12/31/08 for new client referrals only.*

Your Name: _____ Your Friend's Name: _____

A Gift for You • A Gift for a Friend



YOGA FOR THE CHILDBEARING YEARS

- Prenatal & Postnatal Yoga Classes
- Labor Prep Workshops for Couples
- Evidence-Based Childbirth Education Classes
- Mom & Baby Support Groups
- Itsy Bitsy® Yoga for Babies, Tots, & Tykes
- Healthy Mamas Training Teams

Client Referral Offer *Introduce us to a Friend!*

Your friend receives 10% off their first class or workshop with this card.

You receive a \$5 credit toward your next class or workshop when they redeem it!

804-612-6366
www.OmMama.com

**Offer valid through 12/31/08 for new client referrals only.*

Your Name: _____ Your Friend's Name: _____

A Gift for You • A Gift for a Friend



YOGA FOR THE CHILDBEARING YEARS

- Prenatal & Postnatal Yoga Classes
- Labor Prep Workshops for Couples
- Evidence-Based Childbirth Education Classes
- Mom & Baby Support Groups
- Itsy Bitsy® Yoga for Babies, Tots, & Tykes
- Healthy Mamas Training Teams

Client Referral Offer *Introduce us to a Friend!*

Your friend receives 10% off their first class or workshop with this card.

You receive a \$5 credit toward your next class or workshop when they redeem it!

804-612-6366
www.OmMama.com

**Offer valid through 12/31/08 for new client referrals only.*

Your Name: _____ Your Friend's Name: _____

A Gift for You • A Gift for a Friend



YOGA FOR THE CHILDBEARING YEARS

- Prenatal & Postnatal Yoga Classes
- Labor Prep Workshops for Couples
- Evidence-Based Childbirth Education Classes
- Mom & Baby Support Groups
- Itsy Bitsy® Yoga for Babies, Tots, & Tykes
- Healthy Mamas Training Teams

Client Referral Offer *Introduce us to a Friend!*

Your friend receives 10% off their first class or workshop with this card.

You receive a \$5 credit toward your next class or workshop when they redeem it!

804-612-6366
www.OmMama.com

**Offer valid through 12/31/08 for new client referrals only.*

Your Name: _____ Your Friend's Name: _____