

# prenatal dance fitness



Dancing Thru Pregnancy

Jennifer has produced a wonderful example of the Dancing Thru Pregnancy® instructor ethic - a safe, effective and meaningful way to move through pregnancy and birth. We are proud that she is a graduate of our instructor training program."

-- Ann Cowlin, MA, CSM, CCE, movement specialist, Yale University Athletic Department, and founder/director, Dancing Thru Pregnancy®, Inc.

Prenatal Dance Fitness is a transformational wellness program safe for pregnancy combining; breath work, visualization, yoga, labor prep, mindful movement, graceful dance, energy work, baby bonding and relaxation. Easy to follow if you are a beginner and supportive and refreshing if you are a fitness enthusiast. You will feel balanced, beautiful and graceful as you dance your way to becoming a mother.

Centering  
Flexibility  
Alignment



Trust  
Self-Acceptance  
Relaxation



Cardio  
Strength  
Endurance



Use this DVD as a daily escape to nurture yourself and bond with your baby.



About Jennifer Jimenez  
Certified Pre & Post Natal Fitness Specialist

Jennifer has been a fitness and dance professional since 1992. She is the proud mother of 3 and happily married for 13 years. She was profoundly transformed by her first delivery when her "birth plan" failed and she endured a 50 hour labor! Becoming a mother launched her on a quest and she was lead to healing movement and different forms of dance therapy. This discovery helped her experience the mind - body connection, and she learned to love and trust her body on a much deeper level. Applying these new techniques with her 2nd and 3rd pregnancies, she had a whole new experience. She suffered less discomforts and pain, and enjoyed much more energy and self confidence. Her second labor lasted 2 hours and her third 90 minutes. These tools helped her accomplish the labor of her dreams with an easy and joyful recovery!

In this DVD Jennifer shares her innovative tools for a healthy pregnancy and empowering labor and delivery.



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# LET'S DANCE TOGETHER

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*new baby - new body  
dance your way  
to a new you!*



Jennifer Jimenez

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**BONUS FEATURES**  
*Exclusive Advice  
and Best Inside Tips  
for Pregnancy*



Plus:  
*Mommy and Daddy  
Baby Bonding!*