

Prenatal Yoga

Free!

Tuesdays at 4pm

Nurture your mind,
body and baby with
prenatal yoga.

Prenatal yoga classes are
sequenced with the expecting
person in mind.

Prenatal yoga helps to
relieve the discomforts of
pregnancy and prepare
your body for labor.

Class includes
meditation,
warm-ups, strength building
poses, cool down poses,
and ends with a relaxation
meditation.



This class is ideal for any expecting
mom beginning in the second trimester.