

January 5 - February 9, 2017
Thursdays 6 - 7:15pm

- Prepare for labor, delivery & becoming a mother
- Connect with other pregnant women
- Classes will include centering and breath work, stretching, strengthening, and relaxation
- Suitable for all levels



First Prenatal Yoga Series of 2017

This is a great time to connect with Baby/Body/Breath & Mind

