

Pre/Postnatal **YOGA**

Saturdays, 9:00 am - 10:00 am
January 20th - February 24th

(six-week series of classes)

Expecting and new moms will be guided to safely stretch and strengthen their bodies with gentle yoga poses.

We'll also use mindfulness techniques like guided breathing and visualization to help manage stress.

Newborns are welcome!



Classes are guided by **Milwaukee Prenatal Yoga Community** teachers and teacher-trainers.

Cost: \$50 for the entire series of 6 classes, or drop in for \$10 per class.

Financial assistance is available for those that qualify.

To register, scan the QR code here or visit bayviewcenter.org/programs

