

Pre/Postnatal **YOGA**

Saturdays (listed below), 9:00 am - 10:00 am

9/7, 9/14, 9/21, 9/28, 10/5, 10/12

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: \$10 per class

Financial assistance is available for those that qualify - please contact Diana at diana@bayviewcenter.org

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

