

Prenatal & Postnatal Yoga

Pregnancy requires a special focus on safety just as postnatal bodies need to regain strength and energy that may have been lost during pregnancy.

Build community and maintain friendships made during this special time.

Classes also address common issues and concerns that may arise in this new chapter of life.

Thursdays

10:30–11:45 AM

with Mekea

Members: **\$20** per class
(Standard and Full)

Non members: **\$30** per class

For more info contact
yogatraining@sawmillclub.com
or Mekeaf@gmail.com

SAW MILL CLUB

