

VIRTUAL PRENATAL YOGA CLASS

Practice yoga in the comfort of your own home



Every
WEDNESDAY
12 PM - 1 PM



- Reduce stress & anxiety
- Decrease lower back pain
- Focus on stretching, strengthening, & relaxation
- Meet other moms in a supportive environment

- All classes are **FREE** and offered virtually using the Microsoft Teams app.
- To register, please call **408-885-5436**
- For more information, please visit our website at www.scvmc.org/AHED

To learn more about the benefits of prenatal yoga, visit the American Pregnancy Association website. Please scan this QR Code:

