

PRENATAL YOGA WORKSHOP

*It is for pregnant women and others looking
to learn more about prenatal yoga.*

Sunday, July 21

2:00- 3:30 P.M.

Mind Body Studio

With Beth Sutterer



This class creates an experience that bonds mother and baby through a practice of breath and movement. We will learn ways that a mother's body changes throughout pregnancy along with ways to accommodate a yoga practice in each trimester.

No Fee; but a minimum of six participants needed to host the workshop. Sign Up at the Activities Desk or call 507-287-9300.