

# PRENATAL YOGA WORKSHOP

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

***Saturday, March 16***

***12:45- 2:15 P.M.***

***Mind Body Studio***



**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.***