

# Penobscot Bay YMCA PRE & POST NATAL YOGA

Location: Lily Pond



Friday, July 3: 9:00–10:00 AM

Friday, July 17: 9:00–10:00 AM

Friday, July 31: 9:00–10:00 AM

Friday, August 14: 9:00–10:00 AM

Friday, August 28: 9:00–10:00 AM

Cost: \$10 members/ \$15 non-members (per class)

This Pre & Post Natal Yoga class welcomes pregnant and postpartum individuals to strengthen their bodies, find relaxation, and connect with their bodies and babies through gentle, modified yoga practices, breathing techniques, and mindful movements. For postnatal practitioners, please ensure you have received clearance to exercise from your medical provider. Babies up to age 6 months are welcome in class.

