

PRENATAL YOGA

Workshop

Sunday

9:00 - 10:30 a.m.



Prenatal Education & Yoga Flow for Expecting Moms

- Learn modifications and adjustments you can make to flow through each trimester with more comfort.
- Incorporate props, such as blocks and bolsters, to make your practice more comfortable
- Experience movements that align your body, allowing you to relieve stress on joints, while making room for baby.
- Instructor: Casey | Meditation Room
- Members & Family \$20 | Non-member \$35
- Sign up online or at the front desk.

FOR MORE INFORMATION Contact Carla Zedicher | 402.413.4012 | czedicher@madonna.org