

Prenatal Yoga with Olena

Sundays, 3:00 — 4:15pm

Series of 8 classes begin April 11th

Celebrate your pregnancy with yoga postures and relaxation techniques designed to alleviate the symptoms of pregnancy and prepare you for a natural childbirth.



Yoga props for all trimesters provided.

Fee: \$120/8 week session

\$18/drop-in

To register: 703-726-0077

yoga@bridgetolearning.net

"I love my prenatal yoga! I only wish I practiced with my first two pregnancies. It helps physically with keeping my growing body moving & to stay strong. It gives me that special time with my body & my baby.

The breath we practice is so important for labor & the connection with other women is very comforting."

Janell

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Bridge to Learning

