



Prenatal Yoga

with Heather Marchese, RYT

Join us for this 8 week hatha yoga class to help you relax and prepare for your upcoming birth. Class size is limited to six for maximum personal attention.

We will cover breathing techniques and yoga postures. Please bring your own mat. Other yoga props will be supplied during class.



*Saturdays
10:00-11:00am
Sep 11 - Oct 30
8 weeks*

**To register contact Heather
at 443-850-9416 or email at
phoenixyoga@verizon.net**