

New Parent Support Program presents

Prenatal Yoga

The Prenatal Yoga Support Group is a 90 minute yoga instruction for prenatal women who could benefit from group yoga instruction on reducing anxiety and prenatal depression. Psycho-education on sleep, breathing techniques, yoga postures/ movement will be covered. Must be able to commit to all 6 sessions.

Facilitated by Kim Bridi, Yoga therapist of
Evans Yoga Room.

**For Dates and Times or To Register:
706-791-3579**

