



MIND & BODY FOR BABY

Prenatal Yoga Class at the Winona Family YMCA!

The best gift you can give your baby is a rested mother grounded in self care.

Prenatal Yoga is a wonderful way to connect with your changing body - and your baby - during pregnancy. Each session is designed to both nurture and challenge women throughout their pregnancy. This class will help develop flexibility, strength and breath awareness to aid common discomforts of pregnancy and labor. Participants will also benefit from a community in which to share what you are experiencing.

**Tuesdays
5-6pm
Clara Barton Room**

Make your reservation online at
www.winonaymca.org
or visit Member Services.

Weekly Class

Members: FREE

Non-Members: Free with purchase
of a Day Pass or use of Guest Pass

A partnership between:



Winona Health

