

# FREE Pre/Post Natal Yoga Class

Build stamina for motherhood and birth, and bond with your baby and other parents along the same path. Birthing and parenting tips are woven into each class. Partners and babies are welcome for this family-style yoga.



## Hillcrest Exercise & Lifestyle Programs (HELP) studio at Hillcrest Medical Center

6:30 - 7:30 p.m.

- Mats provided

Tuesday, January 9 & 16

Tuesday, February 6 & 13

Tuesday, March 6 & 13

Tuesday, April 3 & 10

Tuesday, May 8 & 15

Tuesday, June 5 & 12

Tuesday, July 10 & 17

Tuesday, August 21 & 28

Tuesday, September 4 & 11

Tuesday, October 2 & 9

Tuesday, November 6 & 13

Tuesday, December 4 & 11

### Celeste McNeal Wood • Yoga Instructor

Celeste is a certified Kundalini Yoga and Prenatal teacher sharing since 2005. She is a Doula (labor support) and child birth educator, and leads mother circles and retreats. Yoga during pregnancy and parenthood is known to relieve stress, increase energy and patience, shorten labor and deepen your connection to baby.



[celestialbirth.com](http://celestialbirth.com) • 918-814-4774



PEGGY V. HELMERICH

Women's Health Center

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