



Prenatal Yoga Series

This 3 week series, taught by a Certified Birth/Postpartum Doula, Childbirth Educator and Prenatal Yoga Instructor, will support and prepare both the mind and body for the challenges of pregnancy and childbirth. A gentle yoga experience for every body with a special focus on relaxation and postures for comfort and empowered birthing.

Please dress comfortably and bring a water bottle. Yoga mats will be provided!

TIME~LOCATION~ SCHEDULE

Registration and full payment required before classes begin.

Click [here](#) to register for the Evered location.

475 Evered Ave.

Tuesday April 7, 14, 21

7:00pm-8:00pm

Click [here](#) to register for the Waterbridge location.

75 Waterbridge Dr.

Saturday June 6, 13, 20

10:30am-11:30am



For more information:

www.mothercraft.com

classes@mothercraft.com

613-728-1839

FEE
\$60/series

Mothercraft is a scent free and nut/peanut free facility