



# Pregnancy Yoga- Forsyth

Start date: 10/23/2019 6:30 PM

End date: 10/23/2019 7:30 PM

A one-hour class incorporating gentle and relaxing yoga postures suitable for any fitness level or stage of pregnancy.

Registration: Registration required. To register, call 336-414-5942 or visit [NorthJoyYoga.com](http://NorthJoyYoga.com)

Cost: Cost depends on number of classes chosen (\$8.50 to \$12.50 per class).

Questions? Please call 336-414-5942 for more information.

Event location:

North Joy Yoga Studio

3068 Trenwest Dr #7

Winston-Salem, North Carolina 27103

United States