



Mommy and Baby Yoga- Forsyth

Start date: 10/24/2019 10:30 AM

End date: 10/24/2019 11:30 AM

Practicing yoga with baby is a wonderful way to enjoy your baby's first year. This one-hour class helps new mothers regain flexibility, strength and confidence. Babies are incorporated into the yoga poses and each class ends with a massage for baby.

Registration: Registration required. To register, call 336-414-5942 or visit 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