



# Virtual Pregnancy Yoga - Online

Start date: 10/1/2022 9:30 AM

End date: 10/1/2022 10:30 AM

This online class is designed specifically for the mother to be. Each class is modified to the needs of the expectant mom, whether it is learning positions and breathing for labor, or poses to help alleviate back pain, reflux, or swollen feet. The gentle and relaxing yoga postures are suitable for any fitness level or stage of pregnancy. Every class ends with a long relaxation allowing for the release of any built-up stress from the day.

Registration: Please complete the one time registration. An email will be sent within 24-48 hours with the link and class information. Link will also be provided in confirmation email. If you do not see a confirmation email, please check your spam folder.

Cost: This event is free and open to the public.

Location: This event is online only.

Questions? Please email for questions please email: [asgallagher@novanthealth.org](mailto:asgallagher@novanthealth.org) for more information.

**IMPORTANT:** If you do not receive a confirmation email within 24 hours of registration,

Event location:

Winston-Salem