



Prenatal Yoga Classes

Yoga during pregnancy is a great way to stay in shape and to connect with your baby. Whether you are an advanced yoga practitioner or new to yoga, we invite moms-to-be to join our prenatal yoga classes that will help to prepare the body and heart for childbirth. Led by seasoned fitness trainers who are moms too, you'll connect with other moms in a safe, warm environment. What do you need? Comfortable clothing, a yoga mat, towel and water.

Dates:

Session 1:

Tuesdays, Jan. 17-Feb. 7

Session 2:

Tuesday, Feb. 21-March
13

Cost: \$50 for each 4-week session. *Register for one or both sessions. Please pay separately for each class.*

Location: Maple Grove Medical Building, 9825 Hospital Drive, Medical Building Conference Room, lower level

Time: 6-7 p.m.

To register

Fax registration with credit card payment to 763-587-7048 OR complete the registration form and mail your check payable to Oakdale OBGYN: Attention Childbirth Education, 9825 Hospital Dr., #205 Maple Grove, MN 55369.

Name _____

Address _____

City _____ State _____ Zip _____

Email Address _____ Contact Telephone _____

Visa or MasterCard _____ Exp Date _____ Authorization code _____

Session 1

4-week session \$50
Jan. 17-Feb. 7

Session 2

4-week session \$50
Feb. 21-March 13

Please pay separately for each session. Registration deadline is Jan. 13 for Session 1 and Feb. 17 for Session 2. No refunds given after deadline. For questions or class inquiries, email comments@oakdaleobgyn.com.