

VIRTUAL PRENATAL YOGA CLASS

All our classes are FREE for Santa Clara Valley Medical Center (SCVMC) patients and patients from community partner clinics who seek Specialty care at SCVMC

Practice yoga in the comfort of your own home



Every
WEDNESDAY
12 PM - 1 PM



- Reduce stress & anxiety
- Decrease lower back pain
- Focus on stretching, strengthening, & relaxation
- Meet other moms in a supportive environment
- Can be taken up to 1 year post-partum

- All classes are **FREE** and offered virtually using the Microsoft Teams app.
- To register, please call **408-885-5436**
- For more information, please visit our website at www.scvmc.org/AHED

To learn more about the benefits of prenatal yoga, visit the American Pregnancy Association website. Please scan this QR Code:

