



Prenatal Yoga

At Mt. Scott Community Center

5530 SE 72nd Ave. Portland, OR 97206

Join instructor Eden Swartz and discover the gifts of this traditional exercise during pregnancy as you prepare for birth and motherhood. Take time to stretch, tone, and relax, caring for your body and mind as you connect with other expectant women.

Tuesdays from 6:00pm-7:30pm
Drop in available for \$6.00



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