



Prenatal Yoga Class

HOMELESS PRENATAL PROGRAM • 2500 18TH ST SAN FRANCISCO • 415-546-6756 • WWW.HOMELESSPRENATAL.ORG



Weekly Virtual / Grupo Semanal
Virtual
Prenatal & Postpartum Yoga Class

Thursday/Jueves: 10:30 am - 11:30 am

Beginning April 13 /Empezando
Abril 13, 2023

To register or for additional
information please contact:

Para registrarse o preguntas
contactar:

Alicia.R at 415-625-3014



San Francisco Department of
Early Childhood

Some of the benefits of prenatal yoga includes :

- Increase flexibility, strength, and endurance to the muscles needed for childbirth
- Improve the quality of sleep
- Decrease lower back pain, nausea, headaches, and shortness of breath
- Encourage relaxation