

# Prenatal Yoga

One of the most effective ways to prepare for birth  
and enjoy your pregnancy

**Tuesday**  
**5:30 - 7:00 pm**

Two classes for the the price of one class!

**TUESDAY CLASS ONLY**

## High Desert Yoga

4600 Copper Avenue NE

[www.highdesertyoga.com](http://www.highdesertyoga.com)

For more information: 505-514-4377 (Heather Lee)

