

Perinatal Yoga

Perinatal yoga is a multifaceted approach to exercise that encourages stretching, mental centering and focused breathing. Through modified postures, and body awareness, yoga asana is used to discover coping skills before, during, and after pregnancy in this class.

Perinatal yoga can improve sleep, mood, pelvic floor strength, well-being, and overall preparation for childbirth.

Dates: Every Wednesday

Time: 4pm - 5:30pm

Location:

Mercy Outpatient Center
Community Health Classroom, 1st Floor
2740 M Street | Merced, CA 95340

Registration:

To register, scan the QR code or visit dignityhealth.org/merced/prenatalyoga.



*For more information call
209.564.4312.*

