



## Prenatal Yoga

TUESDAYS: 5:15-6:15 PM

ALL CLASSES ARE HELD IN THE MCKAY-DEE HOSPITAL EDUCATION DEPARTMENT.

*Prenatal Yoga class is a safe and gentle class for women to attend during their pregnancy. The specific yoga poses, breathing exercises, and relaxation techniques used during this class are designed to strengthen, stretch, and balance body and mind. It also helps to relieve some of the physical and emotional discomforts that occur during pregnancy. This course is offered in 6 week sessions. Cost is \$35 for 6 classes.*

**MATERNITY LEAVE OPTION** Students can take a “maternity leave” from their classes for up to 6 weeks for time taken off for the birth of their baby.

**TO REGISTER** visit [www.mckaydee.org](http://www.mckaydee.org) for information & to register or contact the McKay-Dee Hospital LiVe Well Library for information 801-387-7800.



## Women's Yoga

TUESDAYS: 6:30-7:30 PM

ALL CLASSES ARE HELD IN THE MCKAY-DEE HOSPITAL EDUCATION DEPARTMENT.

*Women's yoga is an **all levels class** and is appropriate for postnatal women to attend. The class offers a balanced combination of poses with attention to core strengthening, stretching, balancing, and flexibility training. Mindfulness is an important part of this class as we observe how the breath and body unite together as a way to release the body and mind of stress and help support good mental health. This class is designed to provide a good physical work-out while leaving the mind and body calm and balanced. This course is offered in 6 week sessions. Cost is \$35 for 6 classes.*

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