

POSTNATAL YOGA SUPPORT GROUP SERIES



DETAILS:

3/16 - 4/20
(MONDAYS) 2-4 PM
GAIA YOGA -
RICHMOND MARINA
SLIDING SCALE \$300-
\$600 FOR THE FULL
SIX-WEEK SERIES

A SIX-WEEK POSTPARTUM
YOGA & SUPPORT CIRCLE
WITH MARTINA CHAVEZ-
YOUNG AND DOULA SANNAZ.
A SMALL, INTIMATE SPACE
FOR POSTPARTUM PARENTS
TO MOVE GENTLY, SHARE
STORIES, AND BE IN
COMMUNITY DURING THE
TENDER SEASON OF EARLY
PARENTING.

PRE-CRAWLING
BABIES
ARE WELCOME TO
JOIN!

