



For class dates  
and times visit:

[HillcrestHospital.org](http://HillcrestHospital.org)

Click on “Care  
Specialties and  
Services”

Click on “Women &  
Children’s Services”

Click on “Childbirth  
and Parenting  
Education”

Click on “Description  
of Classes/Class  
Schedule”

# Yoga

## **Prenatal Yoga**

This beginner’s class works to strengthen your body to prepare for labor and make your pregnancy more enjoyable. Yoga offers a wonderful opportunity to connect with your unborn child.

## **Mama and Baby Yoga**

This class is designed to create a sacred space for Mama and her new baby to breathe together and just be together. We will be toning and strengthening Mama’s body while supporting and nurturing the bond between her and her baby.

*\$10 per class, drop in*

**For more information, please call 440.312.4647 or  
216.445.BABY**