



LABOR + BIRTH WORKSHOP

Saturday, March 20, 1:30-3:30pm

\$75 per couple (includes prenatal yoga class)

Learn labor and birth positions, breathing and deep relaxation techniques, labor and birth plan strategies and partner support. Workshop participants and their partners are invited to join us at noon for a complimentary pre-natal yoga class.

ROOT

whole body

2526 NE 15th Ave, 503.288.7668

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