

FREE

*brought to you by
Samaritan Health Services &
Lincoln City Cultural Center*

Prenatal Yoga

at New Moon Yoga Studio
Mondays 11am-12pm

...and Post-natal too! Infants welcome

Join Prenatal Yoga
Instructor Brady Jansen to
breathe, stretch and relax with
other new moms and moms-to-be

Yoga mats, cushions and other props are
provided.

Feel free to bring a friend or family member
along to class - women only, please.

Can't make it in person? Join us online via Zoom!

email instructor Brady Jansen at
brady@lc-cc.org to request Zoom link.

*Please note: for security reasons, latecomers
(later than 11am) to the Zoom meeting cannot
be admitted*

New Moon Yoga
is a nonprofit yoga studio
located inside the
Lincoln City Cultural Center
540 NE HWY 101
Lincoln City, OR 97367
email: brady@lc-cc.org

