

New Day and Time!

Sundays 4-5pm

Beginning Sunday 8/30/26

✿ *This weekly yoga class
is offered free of charge
Brought to you by
Samaritan Health Services and
Lincoln City Cultural Center*

FREE✿

Prenatal Yoga ...and Post-natal too! Infants welcome

at New Moon Yoga Studio

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 4pm) 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

