

Source Yoga presents:



Prenatal Partner Yoga With Melissa Schussler-Paz

Enjoy time with your partner or friend before baby arrives! This session is designed for mama and her partner, friend, or birth support person. Learn some partner yoga poses that can help relieve tension during pregnancy, and support the laboring mother. Please Pre-register.



2712 N. 21st. St. Suite A
Tacoma,
WA 98406

Date: September 13

Time: 2-4pm

Cost: \$35 per couple

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