

FREE Pre/Post Natal Yoga Class

Build stamina for motherhood and birth and bond with your baby and other parents along the same path. Birthing and parenting tips are woven into each class. Partners and babies are welcome for this family-style yoga.

Hillcrest Exercise & Lifestyle Programs (HELP) studio at Hillcrest Medical Center
6:30 - 7:30 p.m.

- Mats provided

- Tues., Feb. 7, 28
- Tues., March 21, 28
- Tues., April 11, 18
- Tues., May 9, 23
- Tues., June 13, 27
- Tues., July 11, 25
- Tues., Aug. 22, 29
- Tues., Sept. 12, 26
- Tues., Oct. 10, 24
- Tues., Nov. 14, 28
- Tues., Dec. 5, 12

Hillcrest Hospital South Classroom 3/4
8801 S. 101st E. Ave.
10:30 - 11:30 a.m.

- Please bring a mat

- Mon., Feb. 6, 20
- Mon., March 6, 20
- Mon., April 3, 17
- Mon., May 8, 15
- Mon., June 19, 26
- Mon., July 10, 17
- Mon., Aug. 21, 28
- Mon., Sept. 11, 18
- Mon., Oct. 2, 16
- Mon., Nov. 6, 20
- Mon., Dec. 4, 11

Celeste McNeal Wood • Yoga Instructor

Celeste is a certified Kundalini Yoga and Prenatal teacher sharing since 2005. She is a Doula (labor support), child birth educator and leads Mother Circles & Retreats. Yoga during pregnancy and parenthood is known to relieve stress, increase energy and patience, shorten labor and deepen your connection to baby.



celestialbirth.com • 918.814.4774



PEGGY V. HELMERICH

Women's Health Center

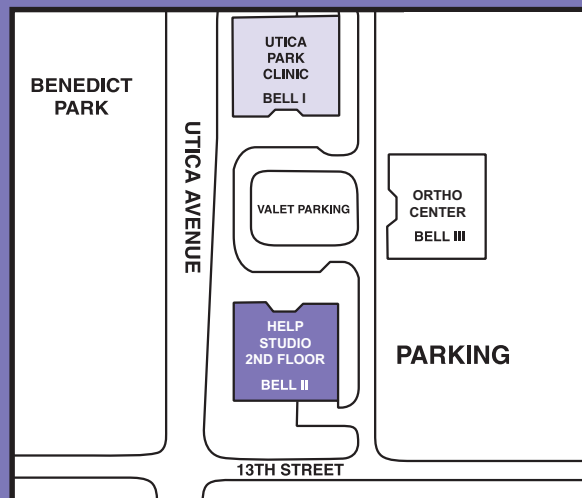
HILLCREST MEDICAL CENTER | HILLCREST SOUTH

Hillcrest Medical Center
1265 S. Utica Ave. • 2nd Floor
Tulsa, OK • 918.579.8000

Hillcrest Hospital South
8801 S. 101st E. Ave.
Tulsa, OK • 918.294.4000

Hillcrest Medical Center Campus

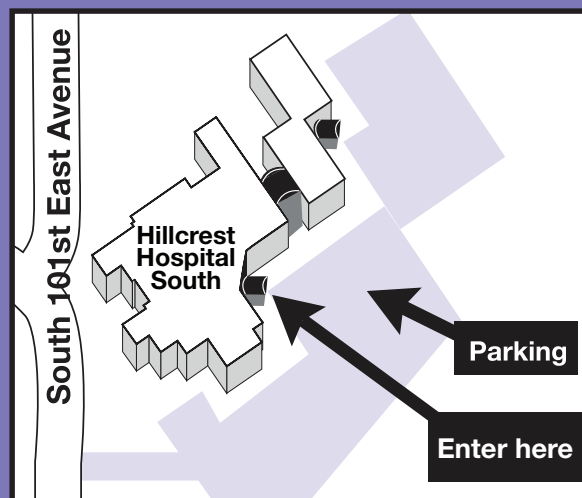
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