

# mommy and me yoga



Fridays 11 - noon @ Thrive Yoga

With Natalie Perez-Hayden  
[www.perezyoga.com](http://www.perezyoga.com)



**class is designed to strengthen  
and tone pelvic floor and core.**

**take breaks to tend to baby's basic  
needs**

**moms without babies and dads  
with babies welcome**

**newborns - 18 months**

**707.326.2849**

