

# Tea and Talk

Join us in a presentation from a local birth professional, meaningful discussion, community and connection. Topics center around pregnancy and birthing. Enjoy Tea, Snacks and Conversation.

**Directly after Prenatal Yoga, the 3<sup>rd</sup> Tuesday of each Month!**  
(tea and talk begins about 7:15pm)  
Free of Charge

If you are new to prenatal yoga class, join us for \$5 prenatal yoga on Tea and Talk days.  
(Mention this flyer)



*Supported by: Inspired Birth and Families, Intuitive Doula Services, Louise Self, Heather Lee Farrell, High Desert Yoga and ABN.*

