

2019 Pregnancy Meeting is proud to host the
5th annual Yoga Program conducted by Dr. Shilpa Babbar

Putting the OM in MFM

Registration

You can register for the SMFM Yoga program at: www.smfm.org/2019

Yoga Schedule

| Monday & Tuesday | Wednesday | Thursday | Friday |
|---------------------------------|--------------|-------------------|--|
| 6 AM & 5:30 PM | ONLY 6:00 AM | 6:00 AM & 5:30 PM | 6:00 AM & 5:30 PM |
| Siena Room (Promenade Level) | | | Milano 7 Ballroom (Promenade Level) |

Checking In

All classes will be held at Caesar's Palace

All participants will need to sign a waiver in person prior to your first class.

Please feel free to bring your own mat. Yoga supplies will be available for registered participants. We intend to start the classes on schedule. Please be on time to class.

Yoga Class Tips

Each class is one hour in duration.

The class is a multi-level hatha style class – beginners welcome!

Wear comfortable gym clothes. Classes are typically done barefoot.

Avoid a heavy meal at least 1 hour prior to class.

Sponsor

SMFM would like to thank The Fetal Center at Children's Memorial Hermann Hospital for their support.

