

Dear Sweet Mommas,

As we face this difficult time of hearing new information daily please know we at Sweet Momma Yoga are diligently working to maintain classes and services to our communities.

The practice of yoga is needed now more than ever. We are in the marathon of life and must stay focused in order to continue to be healthy in mind and body.

There are countless [benefits of yoga](#). I bet you've experienced some of them, or know someone who has, which is why you're here.

Prenatal Yoga is no different. In fact, during a major life transition, like becoming a parent – you may [reap the benefits](#) even more. Your intuition speaks louder right now than any other time in life!

[Connect with your yoga teacher](#) directly to hear their resolution during this time of social distance.

In the meantime, we are offering free [30 Minute Break virtual group meetups](#) over the coming weeks.

We look forward to 'seeing' and chatting with you soon!

Hugs,

Elise Bowerman

P.S.

Join us on Facebook: [Sweet Momma Moms](#) and Instagram: [@SweetMommaYoga](#)

*May you dwell in safety.*

*May you be happy and healthy.*

*May you be free from afflictions.*

*May you be at peace.*

- Metta Prayer (Lovingkindness meditation) excerpt