



Alumni & friends please join us for a three week FREE yoga pilot program!

Mark your calendar & join us for three 75 minute classes:

Monday, October 14th at 6 p.m.

Tuesday, October 22nd at 12 p.m.

Friday, November 1st at 10 a.m.

As we enter the fall season, reconnect with yourself, your community and enjoy classes themed around gratitude.

All levels welcome, even if you've never tried yoga. Enjoy a safe, supportive environment with your Warner Pacific family.

Classes located in Upper Egtvedt, Room 203
2219 SE 68th Avenue
Portland, OR 97215
warnerpacific.edu



Guest Teacher:

Heidi Pollard-Hermann
RN, MA, MSN, RYT-200

Heidi is passionate about sharing yoga to bring deeper peace, healing and joy to every moment of life.



Alumni & friends please join us for a three week FREE prenatal yoga pilot program!

Mark your calendar & join us for three 75 minute classes:

Monday, November 4th at 10 a.m.

Wednesday, November 13th at 9 a.m.

Tuesday November 19th at 6:30 p.m.

All moms-to-be are welcome at any stage of your pregnancy.

Connect with other moms and take some special time for you and your baby. Enjoy a safe, supportive environment with your Warner Pacific family.

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Portland, OR 97215
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Guest Teacher:

Heidi Pollard-Hermann
RN, MA, MSN, RYT-200

Heidi is a labor and delivery RN, lactation educator and completed her prenatal yoga teacher training. She believes prenatal yoga is a wonderful way for a mother to connect with her baby, strengthen her body and discover a larger community of support.