Portland Prenatal & Family Friendly Yoga

Studio	Class Type	Day	Time
Alma Education & Movement Space	Prenatal Yoga	Tuesdays & Saturdays	9:30-10:45 a.m.
	Baby & Me Yoga	Thursdays	10-11 a.m.
Mamaspace Yoga	Prenatal Yoga	Tuesdays & Thursdays	5:30-6:45 p.m.
Mandala Yoga PDX	Khalsa Way Prenatal Yoga	Saturdays	2-3:15 p.m.
Namaste On Williams	Prenatal Yoga	Saturdays	3-4:15 p.m.
Root Whole Body	Family Yoga (2-5 years)	Mondays	10:45-11:30 a.m.
Sunset Yoga	Prenatal Yoga	Sundays	9-10 a.m.
The Bhakti Shop	Prenatal Yoga	Tuesdays Thursdays Saturdays	7-8:30 p.m. 10-11:30 a.m. 11-12:30 a.m.
Twist Yoga	Prenatal Yoga	Tuesdays	4-5 p.m.
	Mommy & Me	coming soon	
Yoga Pearl	Prenatal Yoga	Wednesday, Friday & Sunday	12-1:15 p.m.
Yoga Shala of Portand	Prenatal Yoga	Tuesdays & Thursdays Wednesdays Fridays Saturdays	5:30-7 p.m. 5:30-7 p.m. 10- 11:30 a.m. 10:30-12 p.m. 10:30-12 p.m.
	Mom & Baby Yoga	Fridays	12-1:30 p.m.
	Kids Yoga (3-6 years)	Fridays	5:15-6 p.m.
	Kids Yoga (6-10 years)	Mondays	5:15-6 p.m.
Yoga Union	Mama & Baby Yoga	Wednesdays	9:45-11:15 a.m.
	Prenatal Yoga	Thursdays	10-11:30 am.
Yoga on Yamhill	Prenatal Yoga	Saturdays	9-10:15 a.m.
Yo Yo Yogi	Pre & Postnatal	Sundays	1:30-2:30 p.m.

*Individual studio schedules often change. Please check their website for updates. Last updated 3.10.2017