



Yoga after loss

This is a safe space for you to just be... without anything being asked of you. Learn how to connect with yourself once again after experiencing pregnancy or infant loss(es) or grief during childbirth.

This class will help you reconnect with yourself and your body. Through gentle movement, breathing and positions to help you through your emotions.

This class is a free offering. Please call 317.688.2465 or email eharkess@iuhealth.org with any questions.



North Hospital