

Relax during pregnancy and prepare for labor and birth with

Prenatal YOGA

Why YOGA for PREGNANCY?

Prenatal yoga classes are more popular than ever. When paired with a cardiovascular exercise such as walking, yoga can be an ideal way to stay in shape during your pregnancy. This age-old practice keeps you limber, tones your muscles, and improves your balance and circulation, with little, if any, impact on your joints.

Yoga is also beneficial because it helps you learn to breathe deeply and relax, which will come in handy as you face the physical demands of labor, birth, and motherhood. In fact, one of the first things you learn in a yoga class is how to breathe fully.

Our Prenatal Yoga Class provides a calm atmosphere where you can experience a peaceful loving union with your baby, discover your inner grit and meet other future moms.



What to bring.

- *Wear comfortable clothes that allow your body to move and your skin to breathe.
- *Bring 2 small pillows and a towel to sit on.
- *Don't forget your water bottle to keep hydrated.

English & Spanish!

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YOGA *works*

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Please wait until you are out of your first trimester to begin your classes. As always, please have your doctor's permission to exercise during pregnancy. Bring two bed pillows and come join us at YOGA works!

