



## Prenatal Yoga

In this prenatal yoga class, expectant Mother's will be guided by certified yoga instructors through a variety of gentle movements and yoga poses that focus on building strength and support of the body to help prepare for childbirth. Classes will incorporate mindfulness practices with a focus on breathing techniques to help ease anxiety and stress. All prenatal yoga classes offered are accessible for any trimester, with modifications offered for each trimester. Class duration: 60 minutes

### Additional benefits of prenatal yoga:

- Improves quality of sleep
- Reduces stress and anxiety
- Helps to keep blood pressure levels in range
- Increases strength, flexibility, and endurance of muscles needed for childbirth
- Helps to ease pelvic girdle pain, discomfort of the low back, fatigue, nausea, and headaches
- Prepares the pelvic floor for childbirth

1 Class	\$20
5 Class Pass	\$75
10 Class Pass	\$100