



# W o r k s h o p Prenatal Yoga

Presented By: Rachael Eyrich, RYT

**\$50/5 Week Workshop**

Saturday 1:30-2:30pm, 2/13, 20, 27 3/13, 20  
*Downtown Location*

Prenatal yoga is a wonderful safe class for expectant mothers. Some of the wonderful benefits of this class are increased strength, flexibility, and well-being. This class also reduces low back pain and sciatica for mothers. Prenatal yoga reduces swelling & inflammation, aids in digestion, and helps mothers be prepared physically for giving birth. Here are a few of the benefits of Prenatal Yoga:

*Increases overall strength, flexibility & well-being*

When you practice yoga you are not only stretching your muscles, you are stretching the tissues that encase your muscles, stimulating your organ systems, promoting the circulation of blood and oxygen, breathing more intentionally, and focusing your attention inward through imagery and meditation. This wonderful combination promotes a heightened state of physical and emotional well-being.

*Reduces lower back pain & sciatica*

As you are taught to become acutely aware of proper body alignment, you can carry yourself and your belly in an integrated manner. This can help to reduce the degree of pelvic tilt associated with pregnancy and significantly reduce the lower back pain which it can cause. Additionally, there are specific yoga poses which stretch the muscles and tissues associated with the lower back, hips, and hamstrings. Your yoga instructor should make these poses a part of each class.

*Reduces aches & fatigue in the thoracic & cervical regions of the spine*

During pregnancy, it can be difficult to find a space for yourself when trying to sleep at night. As a result, spinal alignment can become compromised during the night. This can leave congestion and muscle tension in the middle and upper regions of the spine. There are yoga poses which create more fluidity in the spine by stretching the Para spinal muscles, as well as poses which involve very gentle rotation of the upper torso. When these sequences are combined with directed yoga breathing, it can have the effect of relieving stress and creating more breathing room in these regions of the spine.

*Aids in digestion*

As baby grows, your intestinal organs get pushed around, which may affect your regularity and cause indigestion. A regular practice of safe and gentle rotations and forward folds can help to promote regularity and aid in overall digestive flow.

*Helps prepare you physically for giving birth*

A regular practice of squatting asana helps to tone muscles of your pelvic floor, and to help you gain strength to remain comfortable in a squatting position. This is an integral part of any yoga program as it helps to familiarize you with these very useful muscles. Even if you choose not to squat during labor, you will want to be able to use these muscles efficiently and effectively when nature calls upon you to push your baby into the world.

*Improves your emotional well-being.*

Participating in a group prenatal class provides a community of support from people who understand what you are experiencing. It is a place to make new friends with whom you feel similarly situated. The combination of the physical, or asana, portion of yoga with the emotional and spiritual component can be an aid in reducing pregnancy-related anxiety, and help to experience the miracle and empowerment of pregnancy.

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## REGISTRATION FORM

NAME

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PMT AMT  CASH  CHECK  VISA/MC

CARD NO.

EXPIRATION DATE

SIGNATURE

## OFFICE USE ONLY

DATA ENTRY BY

DATE

EMAIL CONFIRMATION

DATE

Register by mailing this form with payment, online or by phone. 6 person minimum required for the workshop.

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