



## *Introduction to Prenatal Yoga Classes*

Style of yoga: The emphasis in this class is learning to “undo” the body and mind and become present. It is not about forcing yourself into a pose.

Yoga is not a guarantee of a natural and pain free birth, but it can assist with creating as much ease as possible. Many students find the poses and techniques that we practice are helpful during their labour.

### **Here are some things to keep in mind:**

- **Listen to your body!** Pregnancy changes, not only the size and shape of your body, but the flexibility of joints as well. It can be easy to over stretch. Rest and stop when you need to. Ask for variations if something doesn't feel right. Your body changes from day to day and what feels good today, might be very awkward tomorrow.
- **Breathe!!** By holding the breath, we cannot fully release into a pose and our focus easily waivers. We can also risk injury, by not feeling signals from the body. Practice breathing now – you will be able use your breath to carry you through your pregnancy and upcoming labour.
- **This is *OUR* class.** Let me know if you want to cover a particular pose or topic that is of interest to you.
- **The Beginner's Mind:** Lack of flexibility and strength are not impediments to doing yoga, nor is being very pregnant and uncomfortable. As you do yoga, you will notice things about your mind, body, emotions etc. Maybe tension on one side, frustration, or maybe the baby moving. The flexibility of the mind and the openness of the heart is your most valuable tool. Yoga can increase your ability to accept “what is”, while maintaining your focus. During pregnancy and after the birth, we can become like our babies, learning things new again. This open heart will help you relate to your baby, in his/her open, receptive space, free from judgments and restrictions.

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