



# Benefits of Pregnancy Yoga



Connection & bonding

*breathe*

Relaxation & mindfulness



Stress relief



Strength



Trust instincts  
& inner voice



Stabilise or overcome  
ailments



Feel seen, heard  
& acknowledged



Mama to be  
Community



Rest & deep sleep



Helps daily life



Birth & mamahood prep



Info & knowledge



# Pregnancy Yoga offers...



## Connection & bonding

Class is a precious time for you to listen to your body, slow down and focus on baby, enabling oxytocin to flow. Everything can wait in that moment; it's just you and baby together.

## Relaxation & mindfulness

We practice breathing techniques that allow the mind to settle & to 'relax' on demand when we most need it. When our mind is clear we trust our instincts & hear our inner voice.

## Stress relief

Each class includes deep breathing & mindful movement. This allows our nervous system to calm and therefore helps us process emotions and deal with life's challenges.

## Strength

Yoga in pregnancy keeps our bodies fit, supple & strong. We do this through gentle, deep and rhythmic movements which can feel good in all trimesters and support post-natal recovery.

## Rest & deep sleep

By moving the body, breathing and visualisation we allow ourselves time and space for deep relaxation. This in turn promotes sleep, restfulness and increased wellbeing.

Each class has built in rest time - enjoy!

## Stabilise or overcome ailments

Practicing specific moves & stretches can alleviate common pregnancy ailments such as exhaustion, heartburn, back ache, SPD/PGP. Yoga can support where you are at in that moment.

## Birth & mamahood prep

Breathing, visualisation and affirmations, Mamas to be can feel positive, confident & strong. These can all be used during labour to promote a smoother birth and self belief.

Yoga can provide life tools that extend well beyond Birth!

## Mama to be Community

Each class enables you to connect and move with other Mamas to be. The time provides a space to feel seen, heard & acknowledged. Togetherness enables support, strength and the surfacing of shared worries, thoughts & feelings. The modern day 'village'.

## Helps daily life

Mindful movements practiced in class are easy to remember. They can be useful in every day life from safely getting out the car, standing correctly to protect the back, better posture when sitting, getting comfy in bed or an easy way to pick something up from the floor!

## Info & knowledge

Through yoga we can gain insight on many parts of the birthing process from finding & toning the pelvic floor for both birth & postnatal recovery, to knowing what informed choices & wider antenatal support is available.