

5 classes \$70, *must be used in 7 weeks*  
10 classes \$120, *must be used in 12 weeks*  
\$15 drop-in - Join anytime

*We encourage women to join prenatal classes in the beginning of their second trimester. It is not advisable to begin classes in the third trimester.*



# Prenatal Yoga

## BENEFITS OF PRENATAL YOGA . . .

- Increases strength, flexibility, circulation and balance
- Opens the hips, shoulders, chest and neck
- Helps you to become aware of your breath
- Decreases swelling back and leg pain
- Increases your mind/body awareness

## WHAT YOU WILL LEARN . . .

- Safe poses and stretches that help ease discomfort during pregnancy and labor
- How to modify poses in yoga classes
- Poses that will help with common pregnancy complaints (low back pain, sciatica, tight shoulders, etc.)
- Breathing techniques and body relaxation methods



*"At first, prenatal yoga was a way for me to stay active during my pregnancy, but it became the biggest gift. Yoga became a quiet place for me to connect with my baby and my pregnant body. The focus on the breath was what got me through the pushing phase of my delivery. My baby was 10 pounds, 3 ounces and the next day I thought 'Hey, that wasn't so bad'. I believe I owe a lot of that to my doctor, but even more to my yoga. Today, I still find time to practice, although between work and the baby, it is not often enough."*

-Meg Dunneback

## Beverly Yoga Center

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