

PRE-NATAL YOGA

drop ins are welcome
your partners are invited to join you as well

FREE SPIRIT YOGA AND PILATES

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The word Yoga, translated from the Sanskrit language means union. Union of the body, mind and spirit. From a yogic point of view, life is to be enjoyed and experienced fully. With pregnancy there is more joy.

Pregnancy Yoga is a nurturing activity, which will gently relax, release and attune your body and your rapidly growing baby within you. The natural, vital and restorative energies of the body and mind are enhanced through gentle Yoga postures.

When pregnant, you feel the strains of your ever-changing body, particularly the new demands upon the back. Yoga helps counterbalance your growing abdomen and maintains body awareness and good posture. The Yoga postures help release the pelvic opening in preparation for childbirth. Toning the pelvic floor allows for a more controlled birthing, lessens complications and enhances post-natal healing.

Breath work is practiced, in preparation for responding to labor by coordinating your breathing with the rhythms of the contractions. Breath awareness is essential for relaxation, comfort and confidence.

Yoga prepares you to face childbirth with courage. To be relaxed and confident during labor reduces fear, tension and fatigue. Flexibility and calmness ease the birthing process, reducing pain and increasing the joy of giving birth.

While practicing Yoga, your relationship with your baby deepens, physically, mentally and spiritually. It is a time to be mindful that you are engaged in the creation of new life.

Even if you have never practiced Yoga before, being pregnant can provide the motivation for beginning this healthful practice which will hasten your recovery, and that you can carry on long after your baby is born. You will find your Yoga practice will become a source of strength, comfort and love during and after pregnancy.