

The Seed Cracked Open

*It used to be
That when I would wake in the morning
I could with confidence say,
"What am 'I' going to
Do?"*

*That was before the seed
Cracked open.*

Now Hafiz is certain;

*There are two of us housed
In this body,*

*Doing the shopping together in the market and
Tickling each other
While fixing the evening's food.*

*Now when I awake
All the internal instruments play the same music:*

*What love-mischief can 'We' do
For the world
Today?*

Hafiz

*"The months of pregnancy are an ongoing
experience of a truly awesome dimension of
reality. Inside, beyond our sight, our bodies are
doing something that is not quite within our
ability to control... This our body does without
conscious direction, through a power that
transcends the cognitive mind. To me, this
power is immense and the making of another
soul should be an occasion for realizing the
sacredness of our life. Pregnancy is an
intensification of life itself, and all the many
experiences of this in human life are sharpened
and condensed into the short months in which
we engage the future within us.."*

Tikva-Frymer-Dinsky, from Motherprayer

We weave the traditional science of prenatal yoga movements and positions, oriental medicine and ayurveda, breathing, meditation, and relaxation with Doula training, childbirth experience and education to inspire you to trust your intuition with strength, peace, courage and harmony as you prepare for birth.

- Experience focus and self-confidence
- Decrease back pain, sciatica, swelling of the ankles and feet, constipation, varicose veins, and nausea
- Strengthen the uterus and pelvic muscles
- Improve circulation and aid digestion
- Strengthen your body and increase endurance and flexibility

Prenatal yoga helps you learn and trust your body and the normal process of labor.

Many of our students have said that this is the best thing they have done for themselves and baby during pregnancy!

Prenatal yoga classes:

Tuesdays 5:30pm
www.HighDesertYoga.com
4600 Copper NE

We often offer more classes or special events! Check with Heather or HighDesertyoga.com



Heather Lee Farrell

505-514-4377
HeatherLeeFarrell@mac.com
YogaBirthNM
www.HeatherLeeFarrell.com

Yoga for Pregnancy

Prenatal Yoga
Yoga for Birthing
Postnatal Yoga
Mom and Baby Yoga



One of the most effective ways to prepare for birth and enjoy your pregnancy

Heather Lee Farrell

EYT-500, RPYT, DOM