

# Prenatal Yoga

Pregnancy is a time of transition in a women's life and having a yoga practice will nurture the mother-to-be during this transformation with strength, courage, harmony as she prepares for birth and connects with her baby.

Prenatal Yoga has many benefits to offer. A recent study concluded that women who participated in prenatal yoga had an increased number of babies with a healthy birth weight, lower pre-term labor and decreased number of pregnancy related complications [1].

Prenatal yoga provides safe and effective exercises that use birthing muscles, strengthen the body and increase endurance needed to birth, provide stability to joints and lengthen muscles. Movements and yoga poses relieve some of the common discomforts of pregnancy such as backache, digestive difficulties, and sciatica. Breathwork, meditation and relaxation decrease stress and encourage relaxation.



# Yoga for Birthing

Holistic Childbirth Preparation with a Yogic Twist!



This class series enhances awareness and confidence in birthing. Learning functional postures and movements, breath work, vocal toning, meditation and massage, and methods of partner support. Calm and confidence ease the birthing process, reducing pain and increasing the joy of giving birth.

# Postnatal Yoga

Yoga and motherhood is a union of body, spirit and mind.

After giving birth, yoga can be used as a way to nurture and energize you at this time when you are giving so much of yourself to your new baby providing a safe, fun and healthy way to connect with your baby, rediscover the body and meet other moms and babies.



After the body has opened through birthing, postnatal yoga works on encouraging the body to heal while building core strength and maintaining flexibility.

In Postnatal or Mom and Baby classes, achy and sore muscles are eased by working deeply to open, aligning, opening and lengthening the spine, chest and shoulders. This becomes increasingly important as nursing starts, the baby grows, after hours of holding a baby and as we lift and carry our babies. Postnatal yoga also focus on various pelvic floor exercises to help bodies return to a healthy, strong and supple state.

# About Heather

Heather has been practicing and teaching yoga for more than 18 years and is a EYT-500 hour yoga teacher and Doctor of Oriental Medicine. She integrates education and training in the areas of Yoga, Oriental Medicine, Childbirth Education studies, Doula labor support training, and Pilates Mat instructor training levels 1-5.

Her certification(RPYT) and training in Peri-natal Yoga, Doula training and Childbirth Educator studies contribute a depth of knowledge to her classes. She teaches Prenatal Yoga Teacher Trainings several times per year, educating yoga teachers and health professionals.



She has worked with local hospitals, birth centers and organizations teaching workshops for 'moms with preterm babies', 'health and yoga for the childbearing year' and more.

She has taught Prenatal Yoga to many women over the years. She also offers Yoga for Birthing: childbirth preparation with a yogic twist!, Postnatal Yoga, Mom and Baby Yoga, Meditation and Breathwork for pregnancy as well as general hatha yoga classes



Heather is honored to support such a sacred time in a woman and family's life. She is thankful to her many teachers, and wonderful and loving family.

[1] Narendran S, Nagrathana R, Narendran V, et al. Efficacy of Yoga on Pregnancy Outcome. The Journal of Alternative and Complimentary Medicine 2005: 11:237-244.