

Prenatal Yoga

We are cultivating conscious relaxation --
the optimum condition from which
to give birth...

at ease in your body, at ease in your mind,
calm and confident
in preparing for labor and childbirth.

*Classes are gentle
and relaxing*

- Abdominal toning
- Pelvic toning
- Breath work
(enhancing oxygenation)
- Meditation and visualization
- Postures that remediate
the common discomforts
of pregnancy

