

Prenatal Yoga

In any of our classes you will be well taken care of. All our classes are appropriate for any term of pregnancy. We do not have just prenatal yoga classes however we do teach yoga in a way that you can benefit from. We blend variations and modifications throughout the class so that each person's needs are met. It is really a unique class experience. The instructions will be adaptable for you during any term of your pregnancy. Our style of yoga is less about perfecting the pose and more about finding yourself. For you, the classes would be wonderfully relaxing, peaceful and nurturing. Both you and your baby will really enjoy the time you spend being present and discovering each other. We do breathing, meditation and relaxation in all our classes which will be wonderful as these practices are great for reducing stress, anxiety and promote healing on all levels.

As a mother to be, you are and will be going through a lot of changes both in your mind and your body; practicing yoga is a great way to be with the experience you are embarking on. Yoga will be great for **your mind** (babies like calm mommies and mommies like calm babies), **body** (your body will love the stretching which helps with the aches and pains that accompany a women's body as it changes) **and spirit** (becoming more comfortable with your Self nurtures that part of us that seeks connecting with others, that union that yoga brings).

Our classes are wonderful for what you are seeking, please come and **try a class for free** and see what you think. All of our teachers will be more than happy to work with you so that you feel confidently taken care of and safe in our classes.

For **Prenatal Yoga, Benefits and Postures** visit our article page, see section on **Women and Yoga**.

If you have more questions please don't hesitate to ask any time.

Om Shanti,

Tony

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