

Prenatal Yoga Classes

Yoga is an excellent exercise option during pregnancy, it can help to soothe your aches and pains, help to reduce stress, teach you to relax and help prepare you for childbirth and motherhood. Prenatal yoga provides the opportunity for women to deepen their connection with their bodies, babies, and other pregnant women in the community.

Classes are open to healthy pregnant women in their 2nd and 3rd trimesters. Please get approval from your doctor/midwife before attending this exercise class. No previous yoga experience needed.

**Please bring this completed form
with you to your first class,
or fax to MoveStudio at 972.732.0206**

Prenatal Yoga at MoveStudio

See www.movestudio.com for current class schedule.

Why Prenatal Yoga?

The benefits of attending a prenatal yoga class are far beyond what you can receive simply by modifying a regular yoga or exercise class:

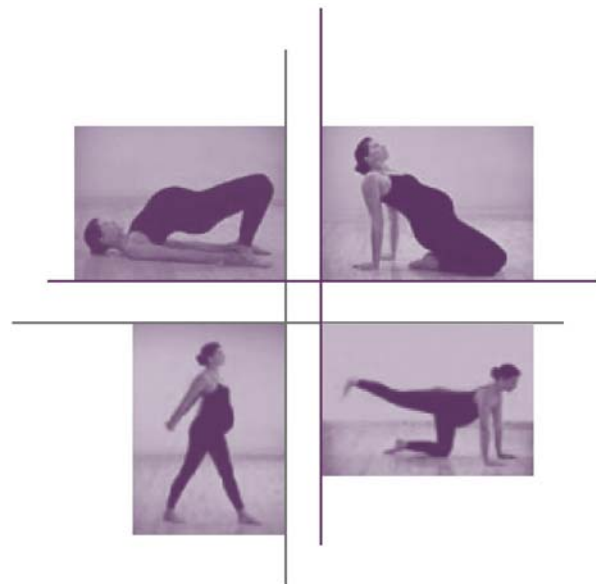
- Our classes are specifically designed to help prepare the body and the mind for labor, delivery and motherhood.
- Exercises are carefully chosen to be safe for mom and baby, to maintain or correct posture and to relieve neck and lower back pain, sciatica symptoms, cramps and other common complaints associated with pregnancy.
- We teach specialized movements and breathing techniques to be used during labor.
- You will learn to relax on command and to keep a positive outlook while facing the challenges of pregnancy.
- Our classes deepen the bond with baby and can be a great source of support and encouragement from each other. Many lifelong friendships start in prenatal yoga classes.
- Our prenatal yoga program is suited for both the beginning and continuing student and conforms to the safety guidelines of the American College of Obstetricians and Gynecologists for exercise during pregnancy.

Classes are taught by experienced yoga teachers, trained and certified to teach prenatal and postnatal yoga through Mamaste Yoga™.

Mamaste Yoga ✨



nurturing mother, nurtures the child



Mamaste Yoga™ is a trademark of N2Yoga LLC

Health Care Provider Release Form

Student Name: _____

Estimated Due Date: _____

I certify that

(print patient's name)

may actively participate in:

Prenatal Yoga Classes Postnatal Yoga Classes



Physician Signature/Stamp

Date

Phone Number