



*Yoga with Sandra*  
MOVING TO HEALTH & STILLNESS

## **Yoga for Pregnancy**

Yoga is a holistic practice for an equally holistic experience of pregnancy, birthing and motherhood. It stretches, strengthens and stabilises while allowing for rest, restoration and renewal. Physically nourishing, yoga also has profound psychological (and spiritual) benefits. It calms, creates ease and enhances inner awareness of your body, sense of self and bonds mother to baby. Yoga empowers you with strength, ease, energy and techniques for pregnancy, birthing and beyond.

### **Benefits of Pregnancy Yoga:**

- Maintains health and fitness without strain
- Builds stability & strength balanced with softening & releasing where needed in the body
- Calms the mind and emotions. Relieves stress and anxiety.
- Promotes relaxation and better sleep
- Boost energy and stamina
- Relieves common minor ailments during pregnancy (swollen joints, heartburn, constipation, back pain)
- Creates space and time to nourish self. Learn helpful poses for pregnancy and labour.
- Develops greater awareness of body and self (and the changes within and without).
- Strengthens bond with unborn baby (through making time for this connection and through breathing and visualisation techniques)
- Learn useful techniques (breathing, visualisation and postures) that may relieve pain and discomfort in pregnancy and childbirth.
- Mentally and emotionally prepares you for pregnancy and motherhood. Pregnancy initiates a process of letting go (release) and of strength in softness.
- Prepares you for healing and restoration post-natally (calmer, better inner awareness, importance of self-nurture, breathing techniques etc.)
- It's fun and allows you to socialise with local women on the same journey. Tea & biscuits!
- Ask the questions you were too afraid to ask
- Real life stories.