

YogaBirth™ Prenatal Class Guidelines

Congratulations on your pregnancy! What an amazing time this will be for you (and your baby) as you journey into motherhood!

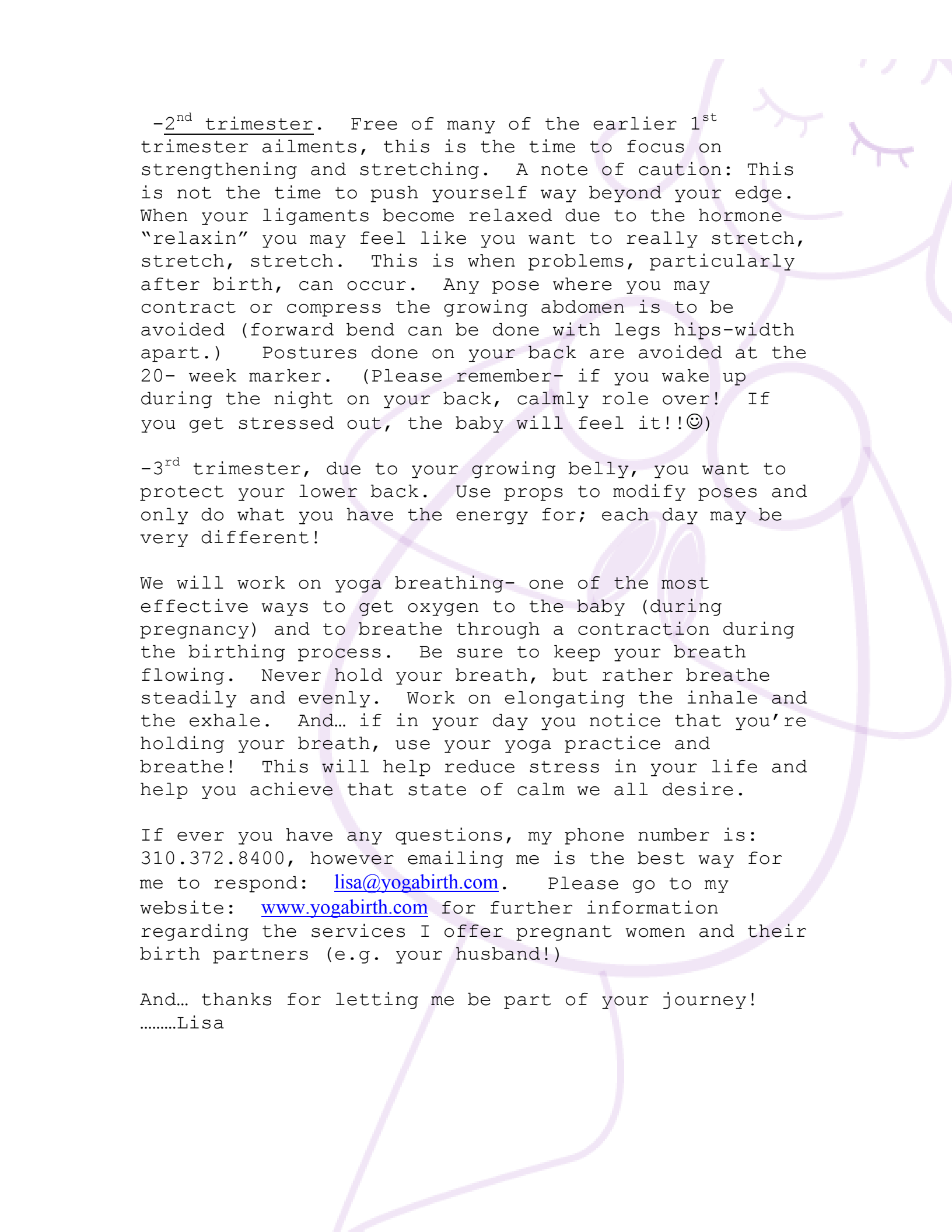
If you're new to yoga, or you're the veteran yogini - my YogaBirth™ class has been designed to accommodate any and all of your needs.

A steady prenatal yoga practice can really help you prepare for childbirth: physically, emotionally and spiritually. Remember to listen to your body, as each pregnancy is different, even for the same woman! Please alert me to any previous injuries you may have had before class begins, and any "pregnancy-related" ailments you're experiencing currently. I will do my best to tailor the yoga class in a way that may help alleviate the ailment, while at the same time offering yoga poses conducive to childbirth.

Class runs an hour and fifteen minutes. The 1st 15 minutes are dedicated to introductions and sharing of any concerns/thoughts you have with your fellow pregnant women. We generally practice with our yoga mats (which are provided) pushed up to the wall to allow extra support during standing poses. During savasana (or resting pose) at the end of class I will come around with a hot towel for your forehead. Please let me know if you don't want one. Likewise, if I come around and make an adjustment please alert me if you'd prefer not to be touched.

As a review for some and new information for others, I wanted you to have these YogaBirth prenatal class guidelines:

-1st trimester - usually the time where you're fatigued, nauseas and dizzy. This is the time to work on breathing and visualization. Hold back on your yoga practice if need be! Honor your body for what it's going through! Resting in child's pose is completely allowed at any time during class!



-2nd trimester. Free of many of the earlier 1st trimester ailments, this is the time to focus on strengthening and stretching. A note of caution: This is not the time to push yourself way beyond your edge. When your ligaments become relaxed due to the hormone "relaxin" you may feel like you want to really stretch, stretch, stretch. This is when problems, particularly after birth, can occur. Any pose where you may contract or compress the growing abdomen is to be avoided (forward bend can be done with legs hips-width apart.) Postures done on your back are avoided at the 20- week marker. (Please remember- if you wake up during the night on your back, calmly roll over! If you get stressed out, the baby will feel it!!☺)

-3rd trimester, due to your growing belly, you want to protect your lower back. Use props to modify poses and only do what you have the energy for; each day may be very different!

We will work on yoga breathing- one of the most effective ways to get oxygen to the baby (during pregnancy) and to breathe through a contraction during the birthing process. Be sure to keep your breath flowing. Never hold your breath, but rather breathe steadily and evenly. Work on elongating the inhale and the exhale. And... if in your day you notice that you're holding your breath, use your yoga practice and breathe! This will help reduce stress in your life and help you achieve that state of calm we all desire.

If ever you have any questions, my phone number is: 310.372.8400, however emailing me is the best way for me to respond: lisa@yogabirth.com. Please go to my website: www.yogabirth.com for further information regarding the services I offer pregnant women and their birth partners (e.g. your husband!)

And... thanks for letting me be part of your journey!
.....Lisa