



YOGA DOWNLOAD

TAKE YOGA ANYWHERE

Prenatal Yoga Package



What will you get from this series:

- The perfect way to stay fit during your pregnancy - doing yoga in the comfort of your own home (or anywhere)
- A wide variety of classes, teachers and lengths to fit your schedule and keep it fresh so you don't get bored
- Relaxing classes to help you unwind, stretch all the muscles in your body, and deeply connect with your baby
- Flow classes that will get your body ready physically, mentally, and emotionally for the birth of your baby

Benefits of a yoga practice during pregnancy:

- Reduce stress, anxiety, and fatigue
- Decrease back pain and nausea
- Increase the strength, flexibility, and endurance of muscles needed for childbirth
- Learn breath and body awareness and tune into your body's needs
- Boost circulation and help with fluid retention









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We sincerely hope you enjoyed all of the classes offered in our prenatal yoga series!

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