

PRENATAL YOGA CLASS

Thursday, February 22nd | 12:30—1:30PM in the Bearobics Studio
(more dates to be added)

Benefits of Yoga for Mamas

The prenatal sequence offered is inspired by the stages of labor: early, active, transition, and pushing. You can bring the practice into labor to provide a more active and comfortable birthing experience. Join Leah for an hour long prenatal yoga sequence after introductions and discussion. This is open to women during all stages of pregnancy. All you need is a bottle for water and a big pillow. We have everything else. Leah is a certified 200hr YTT and 45hr prenatal yoga teacher. She has taught prenatal yoga for the past year and is excited to offer the practice with Baylor Wellness! Faculty/staff spouses are welcome.

- ◆ Cardiovascular & muscular endurance
- ◆ Breath work
- ◆ Become familiar with your body & baby as you both grow
- ◆ Connect with a community of supportive women
- ◆ Alleviate discomfort & improve circulation
- ◆ Combat fatigue
- ◆ Recover more quickly

Email Leah_Gagnon@baylor.edu if interested! YOU WILL NEED SLC ACCESS!

“Whenever and however you give birth, your experience will impact your emotions, your mind, your body, and your spirit for the rest of your life.”

- Ina May Gaskin

