

# Prenatal Yoga



## *What is prenatal yoga?*

As your baby grows, so do you — both physically and emotionally. Prenatal yoga can help reduce stress and worry as well as the normal aches and pains of pregnancy increase. It can also help to strengthen important muscles needed for delivery as well as improve sleep and relaxation.

## *Who is this for?*

- 2<sup>nd</sup> trimester and above women
- Women looking to connect with their baby
- Mothers who are wanting to practice self-care essential to health and wellness during their pregnancy

## *What are the benefits?*

- Teaches postures and breathing techniques used to calm the body during pregnancy
- Yoga supports you during your pregnancy by:
  - Nourish the reproductive organs
  - Release anxiety and stress
  - Calm the body
  - Improved strength and breathing for labor
  - Prepare the body for bring the baby into the world

## *What is the cost?*

- \$100 for 4 weeks

## *Sign up for the next session:*

You can call 402-934-1617 to sign up or go online at [omahaic.com](http://omahaic.com). Questions you can call or email Stevie Jelden at [s.jelden@omahaic.com](mailto:s.jelden@omahaic.com).