

varicose veins, decreases anxiety, boosts your emotional state, prevents headaches, eases gastrointestinal discomforts such as heartburn and constipation, increases stamina aiding pain endurance during labor, strengthens birthing muscles, quickens postpartum recovery, reduces need for medical interventions, increases chance of natural birth, shortens pushing stage, and facilitates getting back into shape after birth.

Call St. John Healing Arts Center at 313-647-3320 for class times, dates and cost. Class will include gentle hatha yoga asanas (posture or exercise), breathing techniques, relaxation techniques, and medication technique appropriate for pregnant women.

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ST. JOHN
HEALTH
ST. JOHN
HOSPITAL
& MEDICAL
CENTER

Prenatal Yoga

We welcome the chance to help
you live a healthier life



ST. JOHN HOSPITAL
& MEDICAL CENTER

Prenatal Yoga

WHO?

YOU! Anyone can practice yoga! Please be finished with your first trimester and have your doctor's permission.

PRENATAL YOGA CLASS

This class is geared for the pregnant woman. In this 6-week class you will develop stamina, flexibility and strength through yoga. It will improve your health through meditation, breathing exercises and positive thinking.



WHY?

Pregnancy is an incredible time in your life, and yoga is a perfect form of exercise to practice during pregnancy because of its gentle yet effective nature, working the body from the inside out and incorporating important breathing techniques useful during labor. Yoga will help you cope with all the physical and hormonal changes that occur during pregnancy. Your body opens in many ways. Your rib cage expands to take in more oxygen, your pelvis becomes more flexible to enable the baby to pass through and your mind may be open to new ideas and an increased inner awareness. The benefits of yoga are many and vary from person to person. Some of the benefits you may achieve through practice are as follows: maintains or improves maternal fitness and posture, increase flexibility, improves mental outlook and self-image, increase energy, improves sleep, balances hormones, reduces backache, reduces water retention, improves circulation, reduces leg cramps, reduces

