

# prenatal yoga

yoga for pregnancy and birth

bring your body into harmony for a more relaxed pregnancy & an easier birth



## Classes running

Tuesdays

Wednesdays

Inverkeithing Civic Centre

Carnegie Hall Dunfermline



## What are the benefits of coming regularly ?

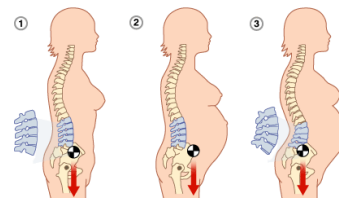
You will improve your physical health, strength & flexibility. Learn birth breathing and how to position your baby well for labour & birth. You will have the chance to meet other like-minded pregnant women.

## Previous Experience

No previous experience of yoga is required to start mamayoga classes. Often women take up yoga during pregnancy so the classes are designed to suit a range of needs.

## What do I need to bring?

1. A yoga mat (pilates/camping mats are fine too)  
Tesco's do a basic mat for around £5.
2. Soft trousers and bare feet – ideal for doing yoga.
3. A blanket or jumper for relaxation at the end.
4. Completed registration form if possible. Please come 5 minutes early on your first night to register. If you are late for class please come and join the class with the minimum of disruption.



## When in pregnancy should I start?

You can start these classes once you have reached 12 weeks. It is ideal to start yogabirth classes in the second trimester as this gives you time to prepare in body and mind. It is also possible to start later in pregnancy, but the benefits are greater the more you practise.

## How will I feel after yoga?

Often women sleep better after their yoga class. They feel more relaxed and gently ease pregnancy discomforts such as backache, restricted breathing and anxiety with regular yoga practise.

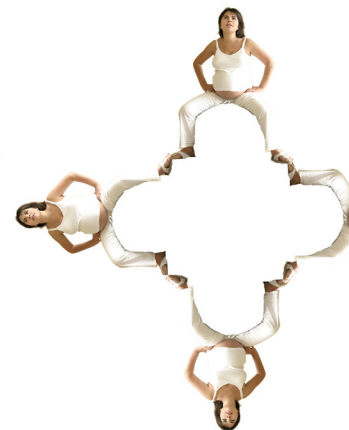


## What if I'm not sure about something?

Please ask me, as there are many ways to adapt poses to make them more comfortable and appropriate. Please let me know at the beginning of each class of any changes in your health.

## Booking your place

Shorter class: £6 per class, payable by term & £7 per class by half term where space allows  
Longer class: £7.50 per class, payable by term & £9 per class by half term where space allows  
Class list & to pay: [www.theyoga.co.uk/classes/](http://www.theyoga.co.uk/classes/)  
Term dates: [www.theyoga.co.uk/terms/](http://www.theyoga.co.uk/terms/)  
Payable by cash or online (paypal/card)  
Please contact me for concessionary rates



theyoga.co.uk

0756 553 1993

susannah@theyoga.co.uk

YogaBirth

Susannah Dean  
Qualifications: Yogabirth,  
British Wheel of Yoga, Inner Yoga Trust

time to focus on you, your pregnancy & the baby you're carrying

