

Prenatal Prenatal Yoga

Matru-Prema Birth Services

BECOME A MINDFUL MAMA THROUGH YOGA

Finding Stillness

Prenatal yoga offers an opportunity to become present in your body, aware of your mind's inner workings, and centered in yourself. Dedicating conscious attention to calming the mind and gently moving the body can greatly reduce the stress that can come with pregnancy.

EASEFUL BIRTH EXPERIENCE

Regular yoga practice throughout all three trimesters can be truly transformative in preparing the body for the work of birth. Even when modified, the physical postures cultivate a strong yet flexible pelvic floor, increase flexibility and space in the pelvis, and improve movement and elasticity in the hip joints. During pregnancy, yoga can help alleviate some of the more common discomforts such as low back pain and heavy, aching legs.

CULTIVATING COMMUNITY

Prenatal yoga provides a readily available group of other expectant mothers. Like you, they are experiencing all of the physical changes, the questions, the worries, and the excitement. Having others in your circle who are both understanding and supportive can be invaluable.

STRENGTH FOR LABOR & DELIVERY

Combining the physical poses and the conscious breathwork of a regular yoga practice prepares your body for the hard work of labor. It increases the functional capacity of your heart and lungs, but also helps you cultivate mindful breathing and relaxation techniques. These can assist you in keeping calm and focused during the most intense (and transformative) moments of birth.

CONNECT WITH YOUR BABY

Finding stillness through yoga also helps you create a deep and meaningful connection to your unborn baby. Kundalini yoga teaches us that the mother and baby share the same aura, or energy field, from conception through the first few years of life. By practicing yoga during pregnancy, you become more aware of this beautiful connection between the two of you, one that will last long after birth.

Get in Touch

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