

The benefits of pregnancy Yoga

- Promotes relaxation and stress management.
- Improves general fitness, stamina and health for the pregnancy and birth.
- Promotes emotional wellbeing.
- Increases strength, agility and flexibility.
- Deep toning of the birth muscles.
- Improves overall circulation.
- Can reduce or alleviate back problems common in pregnancy.
- Improves posture.
- Alleviates or prevents the common aches and pains of pregnancy.
- Improves balance and coordination.
- Helps a woman to birth consciously and powerfully!
- Yoga can empower a woman.