

Prenatal Yoga

NURTURING YOU AND YOUR GROWING BABY



YOU HAVE 9 MONTHS

How will you cherish this pregnancy?

This is a time to remember forever.
Take 90-minutes a week
to focus on you and your
baby.

About Michelle Fondin & The Ayurvedic Path, Inc.

Certified Chopra Center Instructor, Mamasté Yoga & Yoga Alliance RYT, Michelle Fondin has been practicing yoga for over 20 years. She is the mother of three children and practiced prenatal yoga with her third pregnancy. She is the founder and president of The Ayurvedic Path, Inc. a company dedicated to the well being of its clients through yoga, meditation and Ayurveda mind body medicine.



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During your Prenatal Yoga Class You Will Learn:

- Yoga postures to tone your muscles and modified poses to suit your changing body and growing baby.
- Breathing techniques which will help you throughout your pregnancy, labor and birth.
- Relaxation techniques to guide you through the natural emotional and hormonal changes during pregnancy and tools you can use during labor and delivery.
- Communication with your baby through meditation, touch and hugging the baby with each exhale.



Prenatal Yoga Q & A



Q: WHY SHOULD I TAKE A PRENATAL YOGA CLASS VERSUS A TRADITIONAL YOGA CLASS ?

A: Pregnancy is a time when your body encounters a whole host of changes on every level: physically, psychologically, emotionally, and spiritually. A prenatal class takes into account all of these changes with modifications to poses, breathing techniques and props necessary to accommodate you and your changing body. A prenatal yoga instructor is trained to have a heightened level of awareness to ensure the safety and comfort of you and your baby.

Q: WHAT ARE THE BENEFITS OF YOGA DURING PREGNANCY?

A: Yoga...

- Professional, reliable, efficient and convenient service
- A safe, comfortable and cozy environment.
- Small class size: To focus on giving individual attention.
- A stimulating learning environment: This is more than an exercise class. You will learn the benefits of each pose and each breathing technique.
- A friendly place to interact with other expectant moms.
- A relationship based approach. We are available to you if you have any questions or concerns outside of class.
- Strengthens and tones your muscles and pelvic floor
- Brings greater awareness to your breathing rhythms
- Improves the quality of your sleep
- Relieves aches and pains associated with the hormonal changes of pregnancy, weight gain and pressure on your joints from your growing baby.
- Helps alleviate anxiety and mood fluctuations.
- Creates focus, calm inner strength and balance which are necessary during labor and delivery.

Q: WHEN CAN I BEGIN A PRENATAL YOGA CLASS?

A: It is generally recommended that you wait until the 13th week of gestation before beginning a prenatal yoga program and only with your doctor's approval.



FOR MORE INFORMATION AND
TO REGISTER GO TO

www.theayurvedicpath.com

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Classes Ongoing
If Space is Available You May
Join a Class At Any Time.