ONLINE: Prenatal Yoga Class Series | Tuesdays 5:30-6:30 PM

Aug. 16th – Sept. 27th & Oct. 11th – Nov. 22nd & Nov. 29th – Dec. 13th

ONLINE: Postnatal & Baby-Bonding Yoga | Thursdays 10-11 AM

Aug. 18th – Sept. 29th, Oct. 13th – Nov. 17th & Dec. 1st – 15th

ONLINE: Prenatal Yoga
Class Series | Tuesday,
Aug. 16th – Sept. 27th,
Oct. 11th – Nov. 22nd
& Nov. 29th – Dec. 13th
5:30-6:30 PM
Join at any time!

Find balance in mind & body as you prepare for birth. **Explore** techniques for balancing strength & comfort in your physical, mental & emotional layers of being. **Practice** breath techniques to release discomfort & an overactive mind. **Learn** strategies to let go of fears & anxiety.

Join me & other moms who are on a similar journey to:

- **Cultivate** stability in mind, body & spirit through yoga as you prepare for the new baby.
- **Engage** in self-care that helps you feel your best & prepares you for labor & delivery.
- **Address** common pregnancy concerns.
- **Be** among women who share this journey for your hour of "mom" time.

Class includes breath-centered & adapted yoga postures for all stages of pregnancy, breath techniques for labor & delivery, affirmations & guided relaxation.

ONLINE: Postnatal Yoga
Class Series | Thursday,
Aug. 18th – Sept. 29th,
Oct. 13th – Nov. 17th,
& Dec. 1st – 15th
10-11 AM
Join at any time!

Creatively introduce your baby to yoga and **provide** yourself with a comfortable space to **explore** your changing body as you **rebuild** strength, stability, and balance postnatally.

Yoga postures for mom focus on restabilizing hips & low back, strengthening core, and relieving upper back, neck and shoulder tension. Adaptations are available for vaginal & C-Section birthing.

Babies are introduced to yoga via sound, movement, massage and bonding with mom.

This informal class provides moms an opportunity to strengthen your body while feeling supported and encouraged as a new mom.

Renee Peterson,
MSW, CYT-500,
Certified Viniyoga Instructor, Certified Prenatal Yoga Instructor

Renee is a mother, former social worker, and Certified Prenatal Yoga Instructor. Her goal is to encourage, guide, support, and inspire you to experience the physical and emotional benefits of yoga. She encourages you to take time for yourself to find your inner calm, prepare your body and mind for labor and delivery, minimize stress and deepen your connection to your body and your baby.

More Details + Register Here:
https://www.5koshasyoga.com/events/

Learn More About Prenatal Yoga Here:
www.5koshasyoga.com/yoga/prenatal-yoga

Learn More About Postnatal Yoga Here:
https://www.5koshasyoga.com/yoga/postnatal-yoga/

FEE: Join at any time, flexible class passes available! Email office@5koshasyoga.com for pro-rated pricing.

$59 for Prenatal & Postnatal 6-week Series

- Prenatal Dates: Aug. 16th – Sept. 27th
- Postnatal Dates: Aug. 18th – Sept. 29th
- Prenatal Dates: Oct. 11th – Nov. 22nd

$50 for Postnatal 5-week Series

- Dates: Oct. 13th – Nov. 17th

$30 for Prenatal & Postnatal 3-week Series

- Dates: Nov. 29th – Dec. 13th
- Dates: Dec. 1st – Dec. 15th

Fee Includes:

- Access to class video recordings, Digital handouts of home practices & Digital handouts to support you & your support-person during labor.

Questions? Contact The 5 Koshas Team at office@5koshasyoga.com or Renee at reneepeterson2121@gmail.com