

## Online & In-Studio Prenatal Yoga Class Opportunities:

Offered Tuesdays | 5:30-6:30 PM

6-Week Series: August 31 - October 5 | October 12 - November 23

3-Week Mini-Series: November 30 - December 14



### Want to feel more confident & prepared for birth?

- **Cultivate** stability in body, mind and spirit through yoga as you prepare for your baby.
- **Engage** in self-care that helps you feel your best and prepares you for labor and delivery.
- **Address** common pregnancy concerns like low back, hip and sacrum instability and pain, upper back, neck and shoulder tension, digestive issues, sleep, and fatigue.
- **Be** among women who share this journey for your hour of “mom” time.

**This class includes** breath-centered yoga postures adapted for pregnancy, breathing practices, reflections, and guided relaxation.

*“I definitely feel I benefited from yoga. I was able to get through labor without any pain medication. My pain management was focused breathing with the help of my husband encouraging me to continue breathing through each contraction. I also used a birthing ball, walking, and sat in a tub. Thank you for teaching prenatal yoga, it truly helped!” - McKayla*



**Renee Peterson**  
MSW, RYT-200,  
Certified Viniyoga  
Instructor, Certified  
Prenatal Yoga Instructor,  
Completion of RYT-500  
Certified Viniyoga  
Instructor October 2021

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/special-events/online-in-studio-prenatal-class-series-opportunities/>

### Learn More About Prenatal Yoga Here:

<https://www.5koshasyoga.com/yoga/prenatal-yoga/>

**FEE:** \$59 for 6-week series or \$17 for a one-class pass. \$30 for 3-week series or \$17 for a one-class pass. **Fee Includes:**

- Access to class video recordings for 7-weeks until September 1<sup>st</sup>
- Digital or hard copy of mini-prenatal yoga home practices
- Handouts to support you & your support person during labor

**In-Studio classes** are socially distanced with **LIMITED spaces available**; pre-registration is strongly encouraged. If you are vaccinated no face mask required – if you're not vaccinated, face mask appreciated.

- Studio props will be available for usage during classes & changing rooms are available at the studio – wear comfortable clothing.

**Questions?** Contact The 5 Koshas Team at [office@5koshasyoga.com](mailto:office@5koshasyoga.com) or Renee at [reeneepeterson2121@gmail.com](mailto:reeneepeterson2121@gmail.com)