

Online & In-Studio: Preholiday Prenatal Yoga  
3-Week Class Series | November 30<sup>th</sup> – December 14<sup>th</sup>  
Offered Tuesdays | 5:30-6:30 PM



How can prenatal yoga support you in the upcoming holiday season? **Are you looking for a fun & easy way to relax & reduce stress throughout your pregnancy?**

- **Practice** gentle, yet strengthening modifications of yoga postures to meet your individual's needs during all stages of pregnancy
- **Perform** relaxation techniques
- Address common pregnancy concerns like low back, hip & sacrum instability & pain, upper back, neck, & shoulder tension, digestive issues, sleep & fatigue
- **Experience** guided meditation to support you in minimizing an over-active mind
- **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. Beginner students welcome. Size friendly.

*"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-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:**

[www.5koshasyoga.com/special-events/online-in-studio-preholiday-prenatal-yoga-3-week-class-series/](http://www.5koshasyoga.com/special-events/online-in-studio-preholiday-prenatal-yoga-3-week-class-series/)

**Learn More About Prenatal Yoga Here:**

[www.5koshasyoga.com/yoga/prenatal-yoga](http://www.5koshasyoga.com/yoga/prenatal-yoga)

**FEE:** \$30 for 3-week series or \$17 for a one-class pass. Email [office@5koshasyoga.com](mailto:office@5koshasyoga.com) to make that purchase! **Fee Includes:**

- Access to class video recordings for 4 weeks
- 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)