

Online & In-Studio: Prenatal Yoga  
6-Week Class Series | January 18<sup>th</sup> – February 22<sup>nd</sup>  
Offered Tuesdays | 5:30-6:30 PM



**Do you want to start the new year off with healthy and sustainable habits during your pregnancy?**

**Want to feel more at ease during your pregnancy?**

- **Connect** with your breath, body and baby
- **Move** through yoga sequences that help to minimize common pregnancy discomforts, such as, low back pain, hip & sacrum instability, nausea, fatigue
- **Practice** breath techniques to increase energy, calm your body and overactive mind & assist you with minimizing discomforts of birthing
- **Be** among women who share this incredible 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.

*“Good preparation for labor. Improves connection with baby and changing body.” - Anon*

*“I appreciated her honesty and everything she shared.” - M*

*“One of my favorite parts has been being able to talk to other women experiencing the same things.”  
- Allison D*



**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/special-events/online-in-studio-prenatal-yoga-6-week-class-series/>

**Learn More About Prenatal Yoga Here:**

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

**FEE:** \$59 for 6-week series, however you can join at any time. Email [office@5koshasyoga.com](mailto:office@5koshasyoga.com) for pro-rated pricing. **Fee Includes:**

- Access to class video recordings for 7 weeks
- Digital or hard copy of a mini-prenatal yoga home practice
- 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 are available for use 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 [renee.peterson2121@gmail.com](mailto:renee.peterson2121@gmail.com)