

# prenatal yoga

sat 10-11:30 - NEW CLASS Tue 7:30-8:45!

drop in \$14 or use your class package

*This is a class for women at any stage of pregnancy*

**Pregnancy is an amazing time in a woman's life.** So many changes are taking place and **practicing yoga is a great way to help slow things down** and bring you to the present moment, so you can fully experience and appreciate these changes.

**Yoga helps to cultivate your intuition** so you can learn to trust your inner guidance and to listen to your body - developing a deep connection with your growing baby. **Regular practice will gently open the body by stretching your muscles & joints, build strength and stamina, improve posture and relieve many discomforts associated with pregnancy.** Through breath awareness & meditation you can greatly reduce stress and anxiety.

Classes begin with a **sharing circle**, a checking in time and a wonderful opportunity to connect with the other moms for guidance & support. You are sure to leave feeling refreshed, calm and nurtured.

[Adriana Sarasvati](#) has an extensive background in dance and creative movement. She began to study yoga over 10 years ago and after experiencing a deep transformation in her own life, she had a strong inner desire to become a teacher and share yoga's healing potential with others. Adriana has studied yoga extensively in the US, Canada and India, and is now sharing her passion with her students. She is now teaching Prenatal & Postnatal yoga classes as well as Bellydance classes and monthly workshops for pregnant mamas. Adriana is a mother of a beautiful little toddler, Karuna, who is the joy of her life and her new spiritual teacher! [More about her www.blissfulbelly.org/](http://www.blissfulbelly.org/)



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