

PREGNANCY YOGA

The year of pregnancy and childbirth is one of great change and a time of preparation - both for you, the mother, and baby.

During this period, you are able to influence your baby's experiences while inside the womb, and later outside, as he or she starts early life.

Yoga during the childbearing year has many benefits:

DURING PREGNANCY - With yoga practice, you become more aware of physical and emotional changes as they happen during pregnancy. Yoga teaches you the correct posture for balance and stress-free movement, alleviating aches and pains in the upper and lower back, relieving unnecessary tension and improving low energy levels and fatigue.

IN LABOR AND CHILDBIRTH - Yoga helps prepare you for childbirth through its focus on breathing and meditation. Yoga also builds strength and flexibility for birthing positions.

PREGNANCY YOGA AND BREASTFEEDING - Yoga encourages milk production and breastfeeding through the practice of mindful relaxation and breathing, thereby releasing tension from the upper body.

Yoga is also a safe and gentle form of exercise after childbirth and may help you regain your prepregnancy shape.

YOGA CLASSES

WHAT ARE THEY?

Pregnancy yoga classes focus on meditation and relaxation techniques that complement other childbirth methods such as Lamaze and Bradley. The classes also guide you through gentle exercises and postures (asanas) most beneficial for pregnancy and labor.

WHEN TO START?

Early pregnancy is a good time to start, from as early as twelve weeks, provided your doctor agrees. If you have had any problems with conception, bleeding or miscarriage, then it may be wise to begin at sixteen weeks or whenever your doctor gives you the go signal.

If you had a normal delivery, you can start postnatal yoga 4 weeks after childbirth.

If you had a caesarian section, it would be best to wait 3 months after delivery to begin.

WHO CAN JOIN?

These classes are suited to beginners and advanced yoga practitioners alike. For those new to yoga, we recommend starting classes during the second trimester. Partners are welcome to join the classes.

HOW OFTEN?

The classes should be taken at least once a week for the duration of your pregnancy. Some postures and exercises should be practiced every day at home. We recommend taking a minimum of twelve classes to build the basis for your own practice.



YOGA MANILA

PREGNANCY YOGA

FROM PREGNANCY TO PARENTHOOD

INSTRUCTORS

Tracy Que began as a professional golfer before starting her journey with Yoga.

In 2009, she completed a 200-hour Teacher Training with Greenpath Yoga under Clayton Horton. The following year, she completed an additional 50-hours of Teacher Training in Pre and Postnatal Yoga from Centered Yoga Thailand under Sonja Rzepski.

Tracy now specializes in Beginner's Ashtanga Yoga, Yoga Flow (Sivananda based), as well as Pre and Postnatal Yoga. She keeps inspired and abreast of new knowledge not only through daily practice of the Ashtanga method but continuous participation in various workshops and retreats.

Meldy Stehmeier Hernandez was blessed to discover yoga in San Francisco where she was able to study different yoga styles including Ashtanga, Iyengar, Anusara, and Bhakti yoga that influence her teaching style until today. In 2011, she completed a 200 hour Interdisciplinary Yoga Teacher Training at the Nosara Yoga Institute in Costa Rica with Amba and Don Stapleton that focused on yoga as a self-awakening practice.

Meldy holds a bachelor degree in Nursing and Women's Studies from Seattle University and a Masters Degree in Community Health Education from San Francisco State University. She teaches Slow Flow, Vinyasa, and Pregnancy Yoga. She also enjoys teaching Yoga Dance and African Dance. Ultimately, she considers Life, Motherhood, and her students to be her most important teachers in her yoga journey.

WHEN & WHERE?

Alabang Studio
Thursday 3 - 4pm
Saturday 11am - 12pm
405 Bougainvilla corner Sanggumay
Ayala Alabang Village, Muntinlupa City

Rates:

One-on-one Php 1,000
4-class card Php 2,800

Reservation required.

Contact Yoga Manila at:

Cellphone: +63917522YOGA
Landline: +6322166314
Email: info@yogamanila.com
Website: www.yogamanila.com

OTHER DETAILS

- ❁ Prenatal yoga classes are NOT meant to replace childbirth classes (Lamaze or Bradley's) or regular doctor's visits.
- ❁ Please present the consent form signed by your doctor when you enroll.

CONSENT FORM FOR PREGNANCY YOGA CLASSES

Name:

Phone Number:

Due Date:

I am having/had a healthy pregnancy. I am under the care of an obstetrician/physician and I have his/her written consent to participate in this prenatal and postnatal yoga program.

During class I agree to limit my activity to that level which is comfortable to me and to stop all activity if I feel uncomfortable. I will notify the class instructor and my obstetrician/physician if I feel any discomfort. I will keep my yoga teacher updated on any changes in my pregnancy.

Signature

Date

I CONSENT TO THE ABOVE NAMED PATIENT'S PARTICIPATION IN PREGNANCY YOGA CLASSES.

Physician's Signature

Date

Physician's Phone Number