

# Yoga for Pregnancy Course

The focus of the classes is to improve your own physical, mental and spiritual well-being during your pregnancy and also help to prepare you for labour and the arrival of your baby.

Yoga is suitable for all ages and abilities, and postures and activities can be adapted to meet the needs of the individual. During pregnancy we work with **modified physical postures** to help you cope with the physical changes your body is undergoing, including helping you to deal with any common ailments you may be experiencing. We will have the safety of you and your baby central to our yoga practice. For example, during pregnancy your body produces relaxin which makes the ligaments relax, it is therefore important that we take care not to over stretch when working.

You will be taught simple **breathing and relaxation techniques**. These can help to relax you during your pregnancy especially if you are feeling stressed or anxious. They can also be used during your labour.

The pregnancy yoga course is a friendly class that provides a chance for you to **meet other mums to be** in the area. You will have opportunities to share your thoughts and feelings with others should you wish and support each other through this life changing journey.

The following information covers common questions often asked by students new to my classes



## Preparing for a class

- Although it is advisable not to have a big meal before a session, you may want to have a snack such as a banana, to help maintain your energy levels.
- It is sensible to empty your bladder before you practice.

## What should I wear?

- You should wear comfortable clothing that you can move easily in (elasticated waist bands are more comfortable than zips).
- For your own safety we will practice postures in bare feet.

## What do I need to bring with me?

- You need a non-slip rubber mat. If you don't already have one, you can buy one from me for £10.
- Socks and a top to keep you warm during relaxation.
- A blanket and a pillow would also make you more comfortable during relaxation.
- We will use gym balls and you may wish to bring your own

*The initial course lasts for 6 weeks, but students are welcome to continue attending throughout their pregnancy.*

### Directions to Hampton Lovett Parish Hall, WR9 0LU

From the Homebase roundabout, take the A442 towards Kidderminster.

At next roundabout continue on A442.

After about  $\frac{1}{4}$  mile take the right at the sign 'Hampton Lovett Church' into 'The Forest'.

Over the speeds bumps - the hall is on your left.

### About the teacher

A mum of 3 small children, I have been practising yoga for over 15 years and I am a fully qualified British Wheel of Yoga (the official body of yoga in the UK) teacher. I have trained as a specialist Yoga for Pregnancy teacher and more recently in Postnatal & baby yoga. I practised yoga during both my twin & singleton pregnancies right up until the end.

### Next step....

If you have any questions about the course or yoga during pregnancy please feel free to contact me on telephone: **01905 797104**

email: [janinerusby@tiscali.co.uk](mailto:janinerusby@tiscali.co.uk)

web: [www.yoga-wellbeing.co.uk](http://www.yoga-wellbeing.co.uk)

If you would like to book a place on a course please return the enclosed booking form, student questionnaire & payment.

# Yoga for Pregnancy

(16 weeks - birth)



A six week course

Wednesday Evening  
Hampton Lovett Parish Hall,  
Droitwich Spa



THE BRITISH WHEEL OF  
YOGA