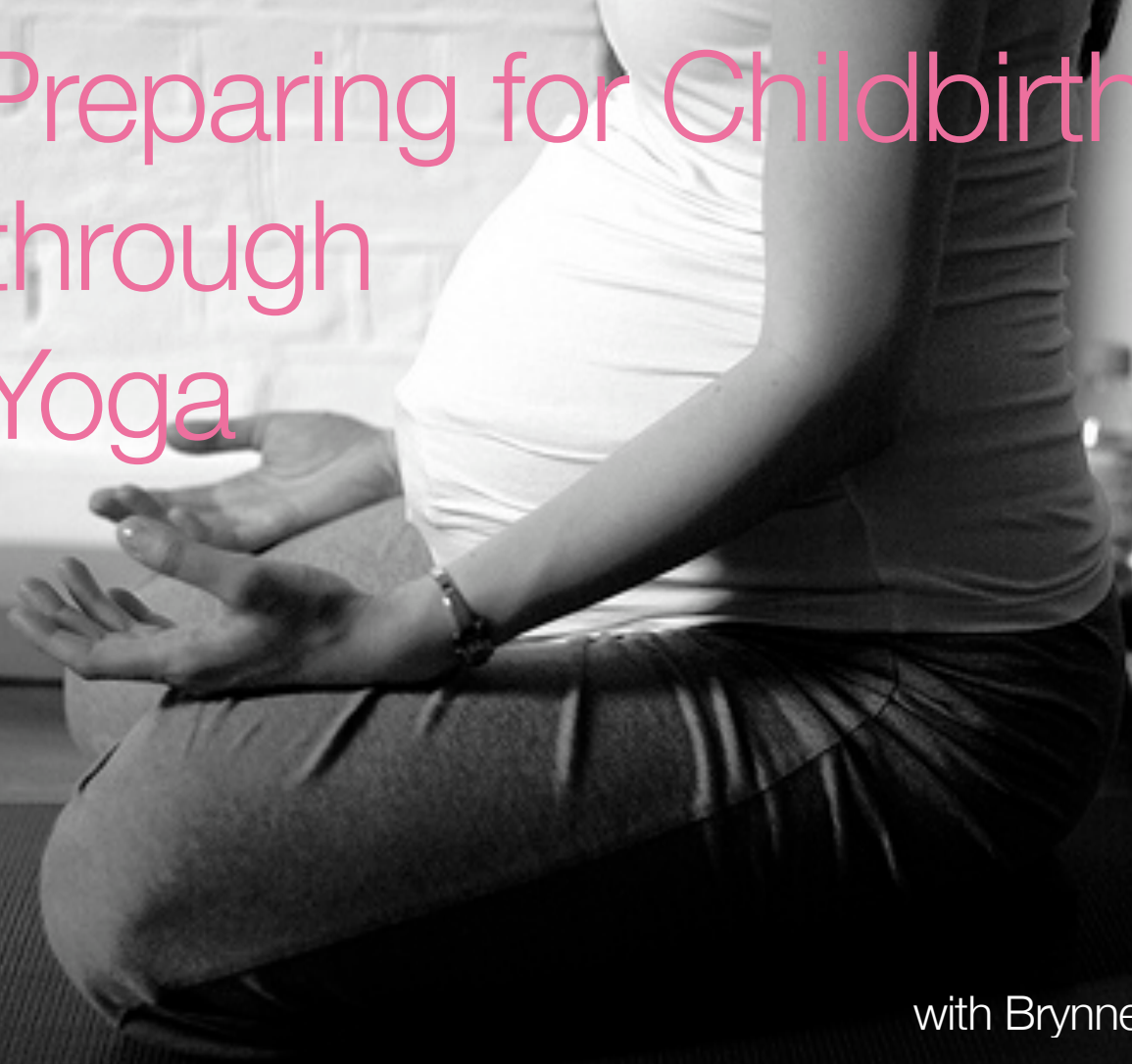


Preparing for Childbirth through Yoga



with Brynne Caleda

May 14th Saturday 10:45-12:45 \$40

diamond head studio

Yoga is and an excellent way to prepare the mind, body and spirit for the many transitions of pregnancy, childbirth, and parenthood. In this two-hour-long workshop you will learn techniques for breath awareness, yoga poses (modifications and what not to do) and visualization and relaxation techniques. All of these techniques can help strengthen and relax your body and sooth your mind during your birth and after.

This workshop is excellent for people trying to get pregnant, who are pregnant, and who have had a child.

This workshop is appropriate for not only those new to yoga but to seasoned practitioners and to anyone interested in understanding the complex changes that occur in pregnancy.

