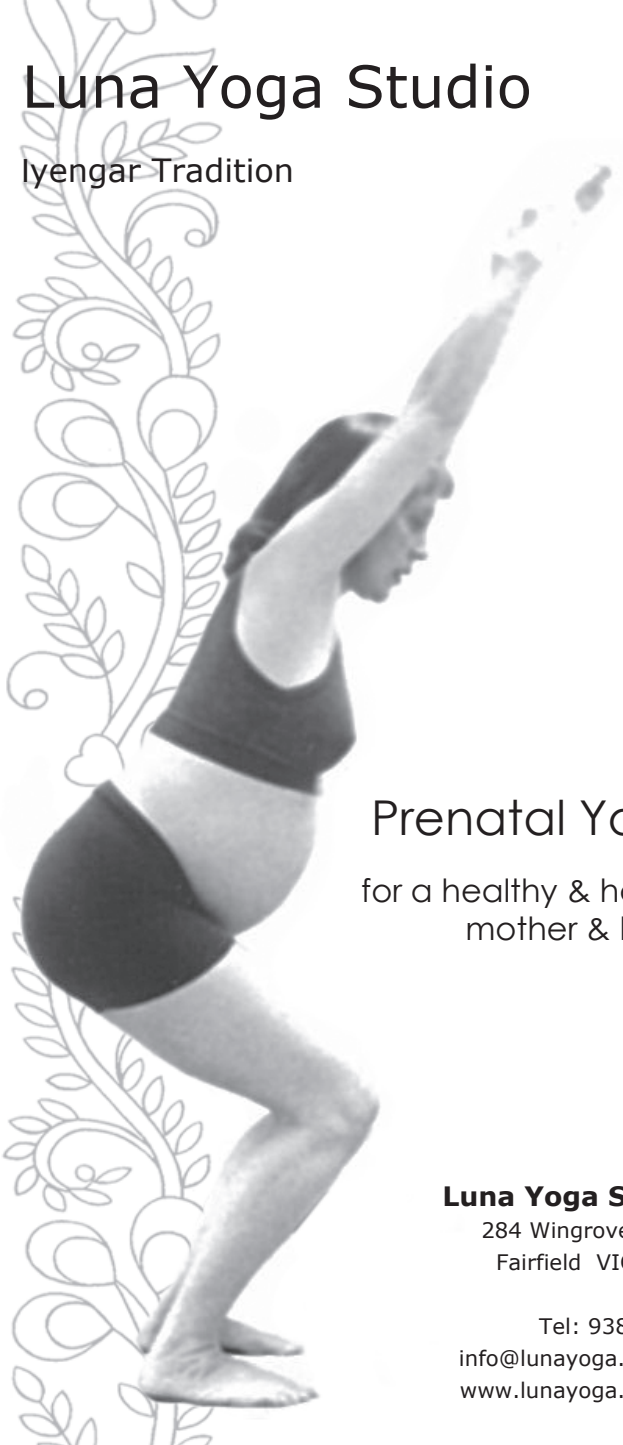


# Luna Yoga Studio

Iyengar Tradition



## Prenatal Yoga

for a healthy & happy  
mother & baby

### **Luna Yoga Studio**

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# Prenatal Yoga

**With Vivienne O'Brien, certified Iyengar Yoga Teacher**

Prenatal yoga promotes a healthy pregnancy and is ideal preparation for giving birth. It links the yoga postures and the breathing exercises to create awareness of your own mind, body and spirit and the spirit of your baby.

The emphasis of the prenatal class is to create space for the baby to grow and to maintain the mother's total health. The poses strengthen the uterus and pelvic muscles, improve circulation, aid digestion, exercise the spinal column, relieve fatigue and tension and revitalize the internal organs. They can also alleviate many of the common discomforts of pregnancy such as nausea, constipation, varicose veins, swollen ankles, back pain and sciatica.

Breathing practice during pregnancy opens the chest and helps to improve circulation in both mother and baby, ensuring a better supply of oxygen to the blood. It also calms the nerves and gives the mother greater control of her breathing during labor.

Class

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## **Saturdays 2 – 3:30pm**

The class is ongoing; you can join in any time. No previous yoga experience is necessary. If you have any injuries, conditions or history of miscarriage you must discuss them with your obstetrician prior to class.

Cost

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## **\$20 per class or \$18 concession**

The prenatal class can be an important step in creating space in your life to becoming a happy & healthy mother of a happy & healthy baby

Location

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## **284 Wingrove Street, Fairfield VIC**

For more information please feel free to phone **9387 6195** or email **info@lunayoga.com.au** Vivienne or visit our web site **www.lunayoga.com.au**

