

## PEACE FOR ALL SEASONS: THE BENEFITS OF PRE-NATAL YOGA

Prenatal yoga can be a gift of peace and wellness for Mom and baby. When practiced safely and regularly, yoga can be an ideal way to stay in shape and enjoy better health during pregnancy. Yoga practice teaches greater body awareness, tones muscles, and improves balance and circulation. It also helps the expectant Mom manage stress with greater ease, keeping Mom and baby more comfortable and happy.

In the practice of yoga, the poses or asanas stretch muscles as well as the tissues that encase muscles, stimulating organ systems, promoting the circulation of blood and oxygen, breathing more intentionally, and focusing attention inward through imagery and meditation. Yoga is also beneficial because it brings the focus to breathing deeply and to relaxing the body, which are essential as to meet the physical demands of labor, birth, and motherhood. By strengthening the essential muscles needed for birth, reconnecting with your breath and focusing your mind, the practice of yoga can prepare you for the challenges your labor and birth.



Madison Yoga now offers a weekly yoga class on Wednesday at 11:00am. Instructor Kim Burwell, RYT 200, brings extensive Anusara training and a gentle touch to each student. Kim recently completed Adaptive Yoga Training for MS and Special populations and has ten years yoga teaching experience as well as personal experience as a pregnant yogini.

Classes meet weekly at Madison Yoga, 8006 Madison Pike, Suite 2, Madison AL. Call (256)325-9642 (YOGA) for more information or visit [www.madisonyoga.net](http://www.madisonyoga.net).

Please consult your doctor before beginning any new fitness program during pregnancy.

