



WEST AUSTRALIAN SCHOOL OF YOGA

Shenton Park studio, Upstairs 159 Onslow Road

Saturday 3:15 – 4:45 pm

P r e & P o s t N a t a l Y o g a

Yoga is a safe, simple and natural method of preparing for the miracle of childbirth. It combines breathing and relaxation techniques with stretching, strengthening and balancing exercises.

Regardless of your stage of pregnancy, asanas (yoga postures) help to awaken your sense of body and breath awareness, to become more in touch with yourself and your own nature. A regular pre-natal yoga practice can help improve circulation to your extremities, assist with maintaining a healthy blood pressure, help increase oxygen supply to the foetus, and improve your energy levels.



Birth is an empowering experience and pre-natal yoga can provide an opportunity to explore and develop a confidence and trust in yourself so you are ready to flow with the movement of birth when it begins.

Because of the physiological changes involving the flexibility and suppleness of joints and ligaments during and after pregnancy it is important that yoga is practiced with care. Always notify your instructor of your current condition, and listen to your body.

Please present your completed Registration Form overleaf at your first class.

West Australian School Of Yoga

Shenton Park: Upstairs 159 Onslow Rd, Tel. 9381 9916



www.yogawestwa.com.au

Pre-natal yoga class Registration Form

Name: _____

Address: _____

Telephone (home): _____

Email: _____

Number of weeks pregnant: _____

First child? _____

Yoga experience: _____

Health problems related to pregnancy: _____

Due date: _____

Where will you be birthing your baby? _____

Date of first class: _____

