



Prenatal, Kids, & Teens TriYoga

Prenatal ~

Prenatal yoga classes increase the joy and ease the discomforts associated with pregnancy and giving birth. Classes involve gentle postures and flows, breath work, visualization, vocal and pelvic floor toning practices, and meditation. Develop greater awareness of the body - home for two - and deepen the relationship with your baby. Understand how to create optimum conditions for birth to be as natural as possible. Cultivate flexibility, confidence, and calm in preparation for labor and childbirth. ~ Beneficial at any time during pregnancy ~

Gentle and Nurturing Prenatal Massages also available!

Kids ~ Teens ~

Kids classes are for children from age 6 to 11. Teen classes are for adolescents, age 12+. Classes include traditional TriYoga practices such as flowing and sustained postures, rhythmic breathing practices, and concentration (e.g., guided visualizations), meditation, and relaxation practices. Classes may also include games, stories, and guided visualizations based in yoga practices. Yoga can help calm children down on a mental level and channel their energy on a physical level. While having fun, children and adolescents will stretch and strengthen their bodies, learn to cope with and reduce stress, develop a relaxed, focused state of mind, learn about their emotions and energy levels, and learn to respect and listen to their own bodies and internal wisdom.

Other specialized classes, such as "Mommy/Daddy & Baby Yoga" are available, with sufficient interest.

**~ Special sessions are to be arranged according to interest ~
If we don't have enough demand for a special class,
certain regular classes may be appropriate. Please ask us!**

For more information, please contact us at 610-664-6446 x3

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