

PREGNANCY YOGA

Pregnancy Yoga (Prenatal Vinyasa Yoga) is preparing a mother's body to be strong and flexible so that she and her baby can work together in pregnancy and childbirth to have a gentle and empowering birth experience. The most important aspect to prenatal yoga is one that is practiced in all yoga, which is Ahimsa or non-violence to yourself or others. This means allowing the body to only do poses that feel good.

Pregnancy is composed of three trimesters each about three months long. In each trimester there are specific poses that are beneficial for the pregnant body, some of these poses help with discomforts in the body, and others help to strengthen the body in preparation for labour and childbirth.

1. Many women who regularly practice prenatal yoga, have faster and less painful birth experiences. Yoga helps Pregnant mother to maximize her health, to heal herself and to clear the way for a healthy future, a new beginning, a new chapter in her life.
2. Yoga Helps Pregnant Women to Gain Strength & Stamina, Reduce Stress & Anxiety, for Normal Delivery, Manage Neck, Shoulders & Back Pains
3. Strengthening the Pelvic Areas & Muscles, Proper Blood Circulation, Keeps you Stress Free & Positive.
4. Prenatal Vinyasa Yoga Dealing with Various Problems like Sciatic Pains, Back Pains, Edema (Swellings), Mood Swings, Depressions.
5. Post Pregnancy Yoga helps in Re-Gaining Core Strength & Stamina, Your Figure (Re-Shaping Body), Tightening your Skin, Pain Management, Urinary Problems, Spine Care (Back Pains), Weight Loss, Depression, Excessive Bleeding after Delivery, Strength for Holding & Feeding a Baby
6. Throughout the nine months your baby is rehearsing, preparing for life outside the womb. Movements begin at around seven or eight weeks as the baby stretches and exercises his or her arms and legs. Pregnant mother will become aware of them during the fourth or fifth month of pregnancy. These movements strengthen the baby's body and stimulate all the nerve pathways to the brain, enhancing the baby's development.
 1. krama.
 2. Therapeutic Yoga is a complementary therapeutic system and it complements every other medical system. Yoga therapy is so natural that it works from within that it does not contradict any medical system. In health management its role is complementary. Yoga therapy does not interfere with medical system or medications.
 3. All physical movements and breathing are kept well within the comfortable zone. We teach within comfortable zone. If it is done correctly and on a regular basis it is not only motivating but is also very rewarding in helping us to stay and become fit, burn calories and lose weight.