



 **Kangaroo Care**[®]
It's all about Women and Children

Expecting
a baby



Our Instructor

Facilities Offered

Pre-pregnancy class-personal.
Antenatal class for expecting women-personal/group classes.
Postnatal classes

 **1800-425-4500**

MYSURU: #505, Kalidasa road, Vijayanagar 1st stage, Mysuru - 570017
BANGALORE: #89, 17th cross, MC layout, Vijayanagar, Bangalore - 560040

Complimentary
YOGA
Workshop

It's the beginning of expecting some
of life's most precious moments...

Why Yoga in Pregnancy

Practising yoga during Pregnancy offers women and their children a complete balance of health and well-being.

A typical Antenatal Class

We focus on breathing, gentle stretching, yoga postures, visualisation and relaxation techniques for expecting mothers to develop strength and body awareness. We support spine women who go through happy and safe Pregnancy labour, birth and motherhood.

Yoga practice is appropriate and essential in all trimesters of Pregnancy; however, it is important to consult your physician before starting the program.

Benefits of Yoga in Pregnancy

- Decreases lower back pain, nausea, heartburn, pubic pain, swelling and mid-back pain.
- Reduces stress and anxiety.
- Increases breath awareness.
- ▶ Increase strength, endurance, and flexibility needed for childbirth.
- Gives positivity and confidence.
- ▶ Helps you contact your precious one- your baby.
- Improves sleep.

