

# pregnancy *yoga* WITH HELGA BEER



*Yoga provides an opportunity to develop greater vitality and awareness of your body, now a home for two, as well as deepening your relationship with your baby.*

*You will learn:*

**Gentle postures**—release tension of the lower back and tight muscles, ease the pelvis and perineum, deepen the awareness of your body

**Relaxation**—gain calm and confidence in preparation for labour and childbirth

**Breath work**—bring clarity and equanimity to the mind and emotions and ease the birth process, thus increasing the joy of giving birth

**Involvement of partners**—couples workshop to practice together: breath work, toning, massage, positions for birthing

## PREGNANCY YOGA CLASSES

Cost for 8 classes ..... \$136.00

Tuesdays. ....5:00–6:30pm

No previous yoga experience is necessary.

Private sessions available.

Call (250) 370-0464 for further information  
or to register.



**About the instructor**—Helga Beer has been teaching yoga since 1986. She is also a certified Montessori teacher, holds a degree in paediatric nursing from Germany and a B.A. in Psych./Soc.

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## HELGA BEER YOGA STUDIO

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