

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

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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.

LYNN WYLIE—HELGA BEER YOGA STUDIO

#202 - 1600 Bay Street (near Shelbourne),
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