Pregnancy Yoga Classes

Prepare yourself for the physical and mental challenges of pregnancy and birth with our yoga classes. Increase your physical strength and sense of well-being, while sharing your stories with other people in our relaxed and supportive environment.

**Venue:** The Rotunda Hospital, School of Midwifery
**Day & Time:** Mondays 5.15 pm - 6.30 pm
**Cost:** €60 for six classes
**Booking is essential:** Call 087 661 9233

Yoga encourages relaxation, internal focus and slowed breathing patterns. It may help relieve many of the common discomforts of pregnancy, such as lower back pain, nausea, insomnia, and headaches. In addition, prenatal yoga classes often offer a supportive environment in which pregnant women can share their experiences, which may help relieve feelings of anxiety. Pregnancy yoga instructors aim to empower and educate women to experience a healthy pregnancy and birth.

Pregnancy yoga consists of various exercises and movements done slowly and meditatively combined with breath awareness. Whilst pregnancy and childbirth are considered normal life events and can be a wonderful experience, modern life has left us less prepared for birth than would ideally be. Pregnancy yoga can assist women in reaching a state of physical and mental readiness for childbirth.