



Sage Hills Yoga and Meditation Center

535 s. Main Street Suite 12

www.SageHillsYoga.com

435 867 YOGA (9642)

PRENATAL YOGA

We recommend you take prenatal classes once conception has occurred, or as soon as you are aware you are pregnant. Doing yoga during your pregnancy has ample benefits:

- ☐ You and your baby will be stronger and healthier during your pregnancy.
- ☐ Improves circulation in the body.
- ☐ Labor is smoother and the recovery from birth is quicker.
- ☐ Post-partum depression can be relieved with consistent yoga practice.
- ☐ And best of all, YOU AND YOUR BABY WILL LOVE IT!

We currently offer two great classes for you and your baby!

Gentle Yoga and Meditation

Tuesdays from 9:30-11:00 am

And

Restorative Yoga

Fridays from 9:30-11:00 am

Specific postures and breathing designed just for you and your baby will be done in both classes. And, after your baby is born you can bring the baby to class for post partum recovery.



Beginning in January we will have a Prenatal Yoga class just for you!