



THE SHAMANIC GODDESS

Wholistic Health & Wellness Consulting

YOUR

HEALTH IN  
GOOD HANDS

# Prenatal Yoga

## Yoga for Expecting Moms



### Physical Benefits

Yoga helps build and maintain muscle strength and flexibility, which is crucial for carrying a pregnancy and for labor. Gentle poses and stretching improve blood flow, which can reduce swelling in the hands and feet and support cardiovascular health.

### Mental & Emotional Benefits

Deep breathing, meditation, and relaxation techniques help lower stress and anxiety levels. Prenatal yoga can help balance mood and provide a sense of calm. Prenatal yoga encourages mindfulness, helping mothers connect more deeply with their baby and the physical changes they are experiencing.



### Labor & Delivery Preparation

It builds the strength and endurance needed to get through labor. Prenatal yoga emphasizes poses that target the pelvic floor muscles, which is beneficial for childbirth. Some studies suggest that yoga can help reduce labor pain and the need for pain relief.

30 Mins of  
Prenatal  
Yoga A  
Day

Research indicates a link between prenatal yoga and a reduced risk of complications such as preterm labor or intrauterine growth restriction, and potentially a shorter labor time.