



Prenatal Yoga

A regular yoga practice can help you relax, stay fit and sleep well. Prenatal Yoga postures, breathing and meditation reduce stress and increase strength, flexibility and endurance of the muscles needed for childbirth while reducing lower back and pelvic pain.

Yoga taught by a midwife

Stellis Health's Certified Nurse Midwife and Prenatal Yoga Instructor Diane Larson knows first-hand how a gentle prenatal yoga practice can help you prepare for labor and nurture your baby's health.

Join Diane Larson for a Prenatal Yoga class at Apotheosis in Monticello. To learn more and view a class schedule, visit stellishealth.com/midwifery.

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Why prenatal yoga?

Prenatal yoga classes usually include breathing exercises, guided imagery and progressive relaxation, all of which can be used during labor to reduce pain while instilling a sense of comfort and confidence during childbirth.

Following are several yoga poses that will help you prepare for labor and your new arrival!

Yogi Squat

- Strengthens ankles
- Tones pelvic muscles
- Opens pelvis two inches



Warrior II

- Builds stamina
- Opens pelvis
- Strengthens thighs and arms

Cat

- Builds spinal flexibility
- Stretches back, spine and torso



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