


# Need some extra Breathing Space?



*"yoga helps to keep me sane  
and see the humour in life"...*

***Yoga is one of the best forms of exercise during pregnancy.***  
*It's gentle and safe for all levels of fitness. It helps keep you strong, promotes flexibility without strain. Yoga keeps aches and pains at bay and energy flowing. Yoga relaxes the mind and body, and prepares you both physically and mentally for the demands of labour, birth and motherhood.*

***Prenatal Saturdays 9 - 10am plus Mums & Bubs Fridays 10 -11am***  
*at Breathing Space Yoga, Lvl 1, 217 Chapel St, Prahran (above Chapel St Bazaar)*  
*Bookings essential, 5 week course \$90, (\$20 casual if space available)*

***Breathe and find more space in your changing body.***  
***Call Jane to discuss and book on 0404 279 571.***

[jemcreative@westnet.com.au](mailto:jemcreative@westnet.com.au)  
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*Find greater vitality and develop awareness of your body, which is home for two, as well as deepen your connection with your baby.*



*The practice of yoga postures, meditation, and breathing exercises (pranayama) has numerous benefits for you and your baby during pregnancy:*

- *prepares the pelvic muscles, hips & legs for extra weight and active childbirth*
- *helps you stay calm during this time when everything is new and precious*
- *teaches you awareness and basics of breath and how the breath assists during labour and life*
- *improves your circulation, which improves nutrition to your baby and increases your energy levels*
- *keeps your body supple and aligned as it changes to accommodate the new life within*
- *promotes bonding with your baby, creating a special time together, free of other demands*
- *you also have the opportunity to connect with other pregnant women and mothers*

***Your teacher Jane:***

*Introduced to Yoga to help with her recovery from a serious car accident.*

*Jane has been practising and teaching Yoga for over ten years. As a mother of two energetic boys (Lincoln three and Tom four 1/2 years old), Jane has made yoga a part of their daily routine from pregnancy through to present.*

*Jane is a certified Hatha Yoga teacher with further qualifications in pre & postnatal and childrens yoga.*

*She also teaches specialised Active Birth, Mums & Bubs and Post-natal Yoga, private or group bookings available.*

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