

# Yoga

## Hatha Yoga

Yoga is an ancient practice and holistic therapy that exercises the body and calms the mind. Hatha yoga combines breathing techniques, guided relaxation, stretching and strengthening postures. Through practice we learn to move in our bodies with compassion, lightness, awareness and without judgement. Yoga cultivates a sense of inner balance while providing the tools to handle daily stresses more effectively.

**Private Yoga**  
Individual attention will move you more effectively into your practice whether strength, flexibility, balance or meditation is your interest. Working one-on-one with an instructor allows you to concentrate on your specific needs. During your sessions you can expand your knowledge of yogic philosophy or work towards more advanced asanas in a safe and supportive environment.

**Prenatal Yoga**  
Pregnancy is a time of dramatic changes both physically and emotionally that require special attention and nurturing. Yoga provides an excellent opportunity to guide you through these changes.

Physically, yoga will lengthen and strengthen your muscles while increasing mobility in your pelvis and hip joints. Classes focus on proper posture so you learn to carry your baby with less effort and strain. The gentle movements stimulate the circulatory, lymphatic and digestive systems to ease you through your pregnancy.

Emotionally, yoga helps create a sense of balance, calm and relaxation through breath work, fluid movement, postures and guided relaxation. It is a sacred time to focus on the transformation happening within your body and the new spirit you are carrying.