

## Prenatal Yoga

What is yoga? The word "yoga" is translated from Sanskrit to mean "union"—union of the body, mind and spirit. From a yogic point of view, life is to be enjoyed and experienced fully. With pregnancy, there is more joy.

What is prenatal yoga? Prenatal yoga is a nurturing activity undertaken when time is spent (a little or a lot) to gently relax, release, and attune to your body and your rapidly growing baby within. The natural, vital, and restorative energies of the body and mind are enhanced through gentle yoga postures.

When pregnant, you feel the strains of your ever-changing body, particularly the new demands upon the back. Yoga work counterbalances the growing abdomen and maintains good posture. Stretching while strengthening helps to release the pelvic opening in preparation for birth.

Toning the pelvic floor allows for a more controlled birthing, lessens complications, and enhances postnatal healing.

While practicing yoga, your relationship with your baby deepens—physically, mentally, and spiritually.

It is a time to be mindful that you are engaged in the creation of new life and to be attentive to the impact of this major life passage. Taking time in this way allows the quickly passing nine months to be cherished.

Even if you have never practiced yoga before, being pregnant can provide the motivation for beginning this healthful practice that will hasten your recovery and that you can carry on long after your baby is born. You will find that your practice will become a source of strength and love, during and after pregnancy.

Open Studio Pass Rates Apply

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Best option for  
Prenatal Yoga  
\$79 for 8 Classes to  
be taken over a 4  
Month period

## Prenatal Services



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Day Spa Committed To  
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## Prenatal Massage

Prenatal massage is a form of therapeutic bodywork that is geared to meet the unique needs of the pregnant woman at any stage of pregnancy. Touch is vital to the mothers' physical and emotional well being. Massage gives special attention to the mother-to-be, which in turn nurtures the new life that grows within her. Studies have shown that women who received pregnancy massage not only experienced lower levels of stress hormones and fewer common discomforts but also had fewer complications during labor and fewer premature births.

30 Minute Regional .....	\$50
60 Minute .....	\$70
90 Minute .....	\$100

## Benefits of Prenatal Massage

- Emotional support & nurturing touch
- Stress relief and decreased insomnia
- Headache and sinus congestion relief
- Lessened sciatica and low back pain
- Fewer calf cramps
- Reduced swelling in hands and feet
- Increases circulation
- Improves digestion
- Reduces fatigue

## What to expect

During your certified prenatal massage you can expect a nurturing and effective treatment focusing on your specific areas of concern. With the use of proper positioning and professional Mother Massage techniques in a safe and relaxing environment you will have the opportunity to be mindful of your health and well being of your unborn child.

## Answers to common questions

- It is safe to receive prenatal massage at any point during your pregnancy including the first trimester.
- Prenatal massage will not cause a miscarriage, however the increased circulation as a result of massage can advance a process that is already underway.
- Avoid prenatal massage if you are experiencing nausea, diarrhea, fever, or bleeding.
- When you receive a prenatal massage, the body naturally secretes endorphins. These "feel good" hormones traverse the placenta and ultimately soothe and relax your baby.

## Join the Massage Club

Purchase any of the same five treatments in advance and get the sixth one free

## Postpartum Massage

Postpartum massage is a wonderful way for the new mother to reconnect with her body after all the changes it has endured during pregnancy and labor. After the attention is off the expectant mother and everyone is focused on the new baby, massage is a supportive and nurturing way to give new mothers some much needed recognition.

Not only does postpartum massage provide emotional and physical relief from the pains of labor, but also receiving massage during the first weeks after the birth of your baby can restore muscle tone in the abdomen and help to reposition the pelvis.

Light and thorough Swedish strokes encourage the flow of lymphatic fluid, blood circulation, and overall hormonal balancing. If you had a Caesarean section, massage is safe after the incision has healed completely, and can actually reduce the formation of scar tissue in the area.

Massage can relieve headaches from epidurals, as well as the aches and pains of long labors and breastfeeding discomforts.

## Gift Cards Available