

# *The Harmony School of Yoga*

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## **YOGA FOR PREGNANCY**

During pregnancy there are extra demands on the body, and Yoga is an ideal preparation for labour and birth.

It is also an excellent way to get back into shape after the birth.

The reason for this lies in YOGA's approach.

To experience Yoga you need to be fully involved; the attention of the mind and the awareness of the breath added to the movements of the body.

**GENTLE EXERCISE** will de-stress, increase flexibility, and strengthen the body, giving a sense of wellbeing.

**BREATHING** will cleanse, vitalise, and stimulate the vital flow of energy within the body, creating a feeling of positive awareness.

**RELAXATION** is progressive and brings peace of mind.

**MEDITATION & VISUALISATION** create a connection-bonding between mother and child.

**Yoga with awareness creates a state of calm.**

**CLASSES:        TUESDAY 7.30 PM  
                         SATURDAY 11.00 AM**

**BOOKINGS ESSENTIAL 9803 3494**