

# pregnancy *yoga*

WITH HELGA BEER



*Yoga provides an opportunity to develop greater vitality and awareness of your body, now a home for two, as well as deepening your relationship with your baby.*

*You will learn:*

**Gentle postures**—release tension of the lower back and tight muscles, ease the pelvis and perineum, deepen the awareness of your body

**Relaxation**—gain calm and confidence in preparation for labour and childbirth

**Breath work**—bring clarity and equanimity to the mind and emotions and ease the birth process, thus increasing the joy of giving birth

**Involvement of partners**—couples workshop to practice together: breath work, toning, massage, positions for birthing

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## PREGNANCY YOGA CLASSES

Cost for 8 classes .....\$108.00

Tuesdays..... 5:00–6:30pm

Thursdays..... 7:30–9:00pm

No previous yoga experience is necessary.

Private sessions available.

Call (250) 370-0464 for further information  
or to register.



**About the instructor**—Helga Beer has been teaching yoga since 1986. She is also a certified Montessori teacher, holds a degree in paediatric nursing from Germany and a B.A. in Psych./Soc.

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## LYNN WYLIE–HELGA BEER YOGA STUDIO

#202 - 1600 Bay Street (near Shelbourne),  
Victoria, BC Canada V8R 2B6

[www.helgabeeryoga.com](http://www.helgabeeryoga.com) | [hbeer@highspeedplus.com](mailto:hbeer@highspeedplus.com)

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