

# PREGNANCY

Existing students that become pregnant may attend Basics classes. Pregnant new students may attend Friday 4.00pm, or we recommend one-on-one private tuition.

During pregnancy, specific poses and routines are advantageous with considerations of trimester and the individuals health.

- New students must start before 25 weeks or private one-on-one tuition is offered (please phone)
- Starting early is the key. The practice may be continued full term
- Between 9 - 12 weeks of the pregnancy you should not attend classes.
- No need to book. Arrive early the first time (10 mins).

During pregnancy the student is given permission to come out of poses where it does not feel right or is at all stressful.

No abdominals will be practiced, this is not a time to be restricting this area.

Emphasis on strengthening the legs during the early stages of the pregnancy.

Stretching should not be overdone.

Inverted poses are appropriate if the individuals health is good, although shall not be imposed.

A suitably qualified teacher should be consulted should their be any concerns.



**Restorative Class - Thu 7.00pm / Womens Class Friday 4.00pm**