

2020 Prenatal Yoga and mommy/baby yoga class schedule University Medical Center Family Birth Center

Register online at <http://umchealthsystem.com/fbc-classregistration> or email melissa.perez@umchealthsystem.com or call Melissa at 775.8234.

Prenatal yoga is a safe approach to exercise during pregnancy and encourages stretching, meditation and focused breathing. The many benefits to prenatal yoga include improved sleep, reduction of stress and anxiety, increase strength, flexibility and endurance of the muscles needed for childbirth, as well as decreased low back pain and changes to the pregnant body. Prenatal yoga also gives you the opportunity to bond with your growing baby and also other moms in your community.

Things to know for Prenatal Yoga

- **Lindsay Kerr** is the instructor
- The classes are free and available to **UMC patients only**
- **Registration is required due to limited class size and space**
- UMC will provide yoga mats; you are welcome to bring your own mat
- Please bring a towel and water and wear comfortable clothing
- Classes will be held in the East Tower at UMC, 1st floor lobby area, FBC Classroom
- You will get an email reminder a few days before class starts
- **The series** is a 4 class series on Wednesday evenings unless otherwise noted on the schedule
- The class is scheduled from 6:00pm – 7:30pm.

DISCLAIMER: please consult your OB physician if you are experiencing any health care issues during pregnancy. You will sign a liability release form in class 1 of your yoga series.

January 8 th – 29 th
February 5 th – 26 th
No march series
April 1 st – 22 nd
May 6 th – 20 th (3 week series)
June 3 rd - 24 th
July 8 th – 29 th
August 5 th – 26 th
September 2 nd – 23 rd
October 7 th – 28 th
November 4 th - 18 th (3 week series due to the holidays)
December 2 nd – 16 th (3 week series due to the holidays)

Mommy/Baby Yoga class schedule



2020 Mommy/ Baby Yoga Schedule

This class is for Moms and babies from 6 weeks to pre-walkers. The class will focus on poses and breathe work that will benefit the needs of new moms and offer a community of women experiencing this beautiful, yet often hectic, time in motherhood. *Yoga asana* will help to strengthen the core after childbirth and give a variety of both energizing and restorative yoga postures to help balance your energy as a new mom. This is an open space where your baby is welcome to nurse, nap, eat, cry, or play with toys. We involve the babies in some poses and also include infant massage.

Things to know about Mommy/baby yoga class:

- The class free and is available to **UMC patients only**
- **Registration is required due to limited class size and space.**
- UMC will provide yoga mats; you are welcome to bring your own mat
- Please bring a towel and water and wear comfortable clothing
- Classes will be held in the East Tower at UMC, 1st floor lobby area, FBC Classroom
- You will get a reminder email one week before class starts
- **The class is offered once a month**
- The class is scheduled from **9am-10am on a Saturday morning**
- Only the baby that will be involved with the yoga class is able to attend (thank you for understanding)

January 4 th	No July class offered
February 1 st	August 1 st
March 7 th	September 5 th
April 4 th	October 3 rd
May 2 nd	November 7 th
June 6 th	December 5 th

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