



# Prenatal PhysioYoga

These classes are designed to nurture and support you through pregnancy and prepare your body and mind for labour and birthing.

## Therapeutic Benefits

- Prevent common aches and pains associated with pregnancy
- Optimize your breathing patterns and discover your optimal postural alignment
- Connect to your root muscles and prepare your pelvic floor for birthing
- Relieve stress and fatigue
- Deepen your ability to breathe and soften during labor and birthing
- Optimize your postpartum form and recovery

## For more information

Visit <https://core-connections.ca/classesevents/prenatal-physioyoga/>  
Contact Shelagh at [shelagh@core-connections.ca](mailto:shelagh@core-connections.ca) or 613-291-2956

## Fall session

Classes are instructed virtually through Zoom  
Dates: Sept 17 – Oct 22, 2020 (6 classes, 1 class/week )  
Time: Thursdays at 12:00–1:00pm  
Cost: \$210 for 6 classes (\$35/class)  
\*Extended health physiotherapy coverage may apply

## Instructor

Shelagh Haynes, MScPT  
Registered Physiotherapist, Certified Yoga Instructor

