

# Free Prenatal Yoga Workshop

Wednesday 9th March  
6 - 7:15pm

Presented by Marissa Shearer

Held at the Nursery School,  
The International  
School of the TCI



A Free  
Community  
Workshop

## Are you pregnant or planning to be?

Pregnancy aches, pains, sleeplessness, tiredness, worry over recovery?  
Yoga, stretches and meditation can improve your pregnancy.

This free workshop will introduce you to some breathing practices which you can use to support you and your baby during pregnancy, birth and beyond.

If you were going to run a marathon you would start your training early. Giving birth is the same thing and yoga can help you prepare the body and mind to hold positions that will help you gently breath your baby out.



Move, stretch, develop stamina and create space for the baby  
and your breath through a series of gentle yoga postures.

The workshop will end with a deeply relaxing guided meditation where you connect with your baby and find your safe space.

As you ride the wave of each contraction in your labour, your safe space can be the place that you go to in your mind to ease the physical sensations.

More about

Marissa Shearer:

[athomewithmalita.com](http://athomewithmalita.com)

Please call to reserve a place and bring two of your biggest pillows or cushions, two large beach towels and a yoga mat if you have one.

Contact Ms. Evieann 946-5523 [ebarber@internationalschooltci.com](mailto:ebarber@internationalschooltci.com) [www.internationalschooltci.com](http://www.internationalschooltci.com)



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