



## PRINCE WILLIAM COUNTY'S #1 YOGA ALLIANCE REGISTERED PRENATAL YOGA INSTRUCTOR

### WHAT IS PRENATAL YOGA?

Prenatal yoga is not about flexibility or pushing through discomfort. It's about moving with intention and listening to what your body needs right now.

It's a time to **CONNECT** with your breath, your changing body, and your baby.

It offers **SUPPORT** in practical ways, helping you build strength, ease tension, and better understand what you're feeling as your body adapts.

It will **EMPOWER** you trust yourself to make informed choices, honor your autonomy, and move forward feeling more grounded and confident.

Prenatal yoga is more than an exercise practice. It is a tool to navigate your pregnancy journey and prepare your body for birth.

### CONTACT INFO

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### IS IT SAFE FOR ALL PREGNANT PEOPLE?

When designed specifically for pregnancy and taught by someone with prenatal training, prenatal yoga is safe for most people after **12 weeks** of pregnancy. Classes should focus on safe movement, breath, and modifications that account for changes in balance, joints, and circulation. However, you should always consult with a medical professional before deciding if it is the right fit for your pregnancy.

### DO I NEED EXPERIENCE WITH YOGA?

Not at all. Many people begin yoga for the first time during pregnancy. Classes are designed for all levels, with options for you to move at your own pace.

### WILL THIS HELP WITH PAIN OR DISCOMFORT?

Many people find it helps with common discomforts like back pain, hip tightness, and tension. It can also support posture and circulation. That said, it's not a replacement for medical or pelvic floor care when needed.

### ARE THERE POSES I SHOULDN'T DO?

Yes — which is why prenatal-specific instruction matters. Certain movements and positions are modified or avoided based on pregnancy physiology. A well-taught class will offer guidance without fear.

### CAN THIS HELP ME PREPARE FOR BIRTH?

It can help you build body awareness, breath skills, and confidence — all of which can be supportive during labor. However, it's one piece of preparation, not a guarantee of a specific birth outcome.

### WHAT SHOULD I BRING OR WEAR?

Comfortable clothing you can move in, a blanket, a water bottle, and an open mind. I will take care of the rest.