

# Prenatal Massage & Yoga



## *What is Prenatal Massage & Yoga?*

When you are pregnant, your body experiences several changes over a relatively short period. Prenatal yoga and massage are designed specifically to assist with these changes in mind. Whether a seasoned yogini, frequent massage recipient, or brand new to both, there are specific practices which should be avoided or performed with caution during your pregnancy. Massage Therapists and Yoga Instructors working with prenatal patients should be well trained to ensure the experience to be beneficial and safe for both the client and her baby. Prenatal massage and yoga assist in developing your stamina, strength, balance, reduce tension, and calm your nervous system. It is also an opportunity for you to develop a deeper connection to yourself and your child. If you are a high-risk pregnancy, it is required that you obtain written consent from your physician before receiving a massage or participating in a yoga lesson.

## *Pricing & Packages*

Prices are per client and packages may not be split between clients. Packages do not expire. If you do not complete the package during your pregnancy, you may use them after.

1 Hour Session for \$80

Pack of 4 Hours for \$260

9 Massages + 18 Yoga Sessions for \$770

## *Make a Booking Now*