



STUDIO
vandaan

YOGA

During Pregnancy & Beyond

free E-book

Guidelines for Yoga During Pregnancy & Beyond

Congratulations!

You are pregnant! Welcome in this new phase of your life. At studio Vandaan we specialize in yoga and relaxation before, during and after pregnancy. We are committed to supporting pregnant women and offering yoga that is safe and appropriate for you and your baby, through both our specialised **prenatal** and **postnatal** yoga classes. We look forward to meeting you and to guide you during this special phase of your life.

In this little e-book you can find guidelines for practicing yoga during your whole pregnancy and beyond.

Contents

Chapter 1 - 1st Trimester

If you are completely new to yoga, we strongly recommend going to our prenatal yoga classes from week 14 on and taking a break from yoga until that moment.

If you are a committed yogini at our partner Yoga Moves, it may be safe to continue some weekly classes in regular Yoga. However, given this is a delicate stage in your pregnancy, you will need to adjust your practice and may need to choose different types of classes. Strong forms of physical yoga, hot yoga and certain postures and breathing practices will not be appropriate for you anymore, now you are pregnant.

If you like to continue taking regular yoga classes during your first trimester, please read all our tips below carefully. If you have any physical pregnancy complaints, we recommend taking a break from your regular classes and continuing in our specialised prenatal classes.

Chapter 2: The 2nd and 3rd Trimester: Prenatal Yoga

In any case, from your 2nd trimester onwards, we strongly recommend switching to prenatal (pregnancy) yoga classes, as this specific form of yoga is best suited for all pregnant bodies. You can read all about what we do in prenatal yoga and how it supports you best during pregnancy, below.

Chapter 3: Birth Prep

To help you prepare, both physically and mentally for birth, we offer both group and private Partner Classes and Birth Prep Courses. You can read all about it below.

Chapter 4: After Birth: Postnatal Yoga

After meeting your little one, the first step in returning to your regular yoga practice is to join in our specialised **postnatal** yoga classes, until you feel ready to move on. You can read all about what we do in postnatal yoga and how it supports you best during the first months after birth, below.

Chapter 5: Beyond Birth: Returning to regular Yoga

Full physical recovery after birth takes from 9 months up to a year. When returning to regular yoga classes it is therefore wise to take it slow and be gentle with your recovering body, still choosing your yoga form wisely and adapting several classic yoga asanas. You can read more on how to go about this, below.

Introduction

We are here because we care

At Studio Vandaan we specialise in movement and relaxation before, during and after pregnancy. We offer you small scale and personal prenatal and postnatal yoga classes, massages, workshops, courses and retreats. All our activities are guided by our female team of loving and professional teachers, who aim to give new moms and babies the best start in life.

Our team

Our team of Birthlight certified teachers is passionate about pregnancy and birth, and know all about yoga, pregnancy, birth and the phase after birth. We look forward to sharing our knowledge with you on how to move and practice yoga safely, how to prevent and deal with specific pregnancy complaints and how to be well prepared for birth and beyond.

Our classes

At studio Vandaan, we teach personal, small scale classes at several locations in Utrecht, including two Yoga Moves locations, so we are often close to you. We are very flexible: you can take classes both online (through Zoom) and in-studio, when, where and as often as you like. Apart from practicing yoga, our classes always include some sharing and a moment of deep relaxation. Our group classes are a great place to meet other pregnant women or new moms and share your experiences.

Private classes

If you would like more personal guidance during your pregnancy or after birth, consider booking a private class with one of our teachers to support you.

Our goal

We hope you will enjoy your yoga practice during and after birth just as much as you did before this pregnancy adventure started.

Of course, practicing yoga will be different for a while. Yet, we hope yoga will bring you a new experience during this unique phase in your life. We hope that slowing down, turning your attention inside and exploring characteristics such as softness, calmness and consciousness may help you to connect to both your amazing female body, as well as the beautiful little human growing inside of you.

Don't hesitate to contact us with any questions, you can find our contact details below. We look forward to meeting you in our classes!

The Studio Vandaan - Birthlight teacher team
Danielle, Nadine, Eveline, Robin, Esther v K., Andrea, Anouk, Esther N, & Pien.

Get in Contact with us:

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Chapter 1 - Yoga & the 1st Trimester

Congratulations, you are pregnant! You may have only just found out this beautiful new, yet within your body things are already changing.....

Good to know about early pregnancy

- In this delicate first phase of your pregnancy, many important processes take place in your body, like the implantation of the embryo and the creation of your baby's vital organs.
- Although your baby is still small and you may not be showing yet, your body is changing greatly and is working especially hard during this phase of pregnancy. You are building a whole baby! (and this takes a lot of energy)
- You may (or may not) already feel some changes happening in your pregnant body, like tiredness and/or nausea, hormonal changes and accompanying fluctuating emotions.
- At this stage, your body has already started to produce muscle-relaxing hormones, causing, among others, the ligaments in the pelvis to relax, impacting your pelvic stability and thereby limiting your options for a strong yoga practice.
- Do you have (very) high blood pressure? We strongly advise you to stop your regular yoga practice as this could be potentially dangerous and should be monitored by your midwife - with the exception of restorative yoga & yoga nidra, which could help to reduce blood pressure.

Our advise

- As a result of all the physical changes in your body and the delicacy of this first pregnancy phase, we strongly advise you to **take it easy** in this phase. As a pregnant yogi you may want to spare your energy to let your body do her job in the best way possible and to create the best circumstances for consolidating your pregnancy. This means you may want to adapt both your choice and practice of regular yoga from the moment you know you are pregnant.
- Strong forms of physical yoga (such as ashtanga and vinyasa flow yoga), hot yoga and certain postures and breathing practices will no longer be appropriate for you. *Please note that you will have lots of time to return to your strong Vinyasa, Ashtanga and Hot Yoga practice – after your pregnancy.*
- When you decide to attend regular yoga classes during your pregnancy, we suggest taking into account the following general guidelines so that practicing yoga is both safe and appropriate for both you and your baby.

When you decide to attend regular classes

- **Always inform your teacher**

Pull your teacher aside (5-10 min) before class if you are pregnant (please don't assume we can see it!). This allows the teacher to adapt asanas and give you more suitable variations, assist you and keep an eye on you during class.

- **Turned away?**

Occasionally a teacher may not feel the class is appropriate for pregnancy or is not trained, or unable to give the attention needed to keep you safe. In this case your Yoga Moves teacher may ask you to choose another class.

- **Take a Break?**

During the first 12-13 weeks your baby is being build, which asks a lot of energy from your body. You need to be gentle, relaxed and open in your belly. Therefore we recommend taking a break from dynamic yoga to allow this important process to happen.

- **Don't overheat**

Your baby has no cooling down system except through you, so make sure you don't overheat. For this reason, we advise against taking hot yoga classes during pregnancy. If you are joining in, choose a spot near an open window or door. If you notice yourself getting out of breath or overheated, please take a rest.

- **Slow it down**

Building a whole baby takes a lot of energy from your body. Therefore, choose more slow and gentle forms of yoga like Hatha, Slow Flow, Inner Axis or Restorative yoga and yoga Nidra. In these classes, practice slowly, taking breaks when and as many as needed. Low blood pressure or feeling dizzy? Come into a supported child's pose, with your head supported on a pillow.

- **Practice Gently**

Less is more when it comes to stretching. You may feel your body is more flexible now you are pregnant, yet resist the tendency of stretching to the edge, to prevent overstretching and damage of the cartilage.

- **Space for belly & baby:**

Make space for the baby in your belly at all times, to not disturb important processes such as the implantation of the embryo and the creation of your baby's vital organs.

- **Pelvic Instability**

If you ever experience any pain in or around the pelvic area; in the pelvic floor, around the pubic bone, the tail bone, your hips or around your SI joints (lower back) – in or outside class – then please stop attending regular yoga classes. Pelvic girdle pain can be serious, and we rather keep you safe and sound. Come to our specific prenatal classes instead where we can support you in the best way possible.

- **Do not train your abbs**

As your baby and belly will need the space to grow, avoid using your abdominal muscles to come from lying to sitting and vice-versa. This also includes leg-lifts. Using your abdominal muscles in this way may slow down your recovery after birth.

Asana & Pranayama Tips for the 1st Trimester

Keep your pelvis safe

- No wide lunges or wide asymmetric poses, sterk asymmetrische houdingen. Such as a wide *prasarita paddotanasana*, *upavista konasana*, or wide warrior/ triangle poses, as the adductor muscles pull at your pubic bone. Instead, keep the distance between your feet max. 1 m.
- Keeping your feet hip width apart or even a bit wider. E.g. in *Tadasana* place your feet under the hips and in the warrior poses, place your feet on imaginary tram rails.
- Keep your knees micro bend at all times, preventing overstretched legs and putting strain on the lower back.
- No unsupported deep squats or jumping
- No sustained *Mulah bandha* (drawing the perineum up and in).

Keeping your baby safe

- No twists or forward bends in the 1st trimester. (Open twists in the 2nd and 3^d are okay)
- Lying flat on your belly will not be comfortable anymore from 10-12 weeks on, as your belly may start to grow (and show).
- No sustained *Uddiyana bandha* (strongly holding in the lower belly)

Keeping your lower back safe

- No strong backward bends, as these may increase the chances for diastasis (see below) after birth. A mini backbend like a supported camel opening only the upper chest while keeping the lower back neutral, is okay.
- No lifting up (heavy things), with a rounded back.

Keeping your abdomen safe

- No sit-ups. Nothing that looks like *Navasana* and strains the rectus muscles. (S)training your rectus muscles during pregnancy may increase chances for diastasis and may negatively impact your recovery after birth.

Pranayama

- When pregnant we want the breath to flow freely at all times as mom is also breathing for baby, so no pranayama that compromises the natural rhythm of breath and no holding of the breath.
- No strong pranayama such as *Bhastrika* breath (forcing the belly inwards).
- **DO:** Soft pranayama's are wonderful during pregnancy, such as full Yogic Breath, *Ujjayi* (Ocean's breath), *Brahmari* (Bumble bee) breath, the Golden Thread Breath,

In general

- No deep/long stretches. Ligaments and tendons that are overstretched during pregnancy may not rebound, causing uneven wearing of the cartilage.
- Hold poses for a maximum of five breaths.
- No lying on your back in case you start to feel dizzy or nauseated. From 28 weeks of pregnancy we recommend a side-lying position with the top leg well supported, for *Shavasana*.

- **Nothing new.** Anything that was not part of your practice before pregnancy is off limits (like inversions such as head- or handstand).

Chapter 2 – Prenatal Yoga in 2nd & 3rd Trimester

When entering your second trimester (from 14 weeks of pregnancy on) regular yoga classes become increasingly unsuitable for your pregnant body. Why this is exactly, we will explain below.

Good to know about your pregnancy

- Did you know that when being pregnant, your heart literally grows? Your body produces almost 50% more blood so your heart needs to work hard, and your heartbeat may rise slightly. In some pregnant women these changes can cause anemia, low blood pressure and therefore dizziness, especially during physical exercise.
- Moreover, as your body temperature rises with 1-2 degrees during pregnancy, warm and especially hot yoga is not only less pleasant during pregnancy, having a body temperature above 40 degrees for a longer time, is also undesirable for the baby's condition.
- Pregnant women often have less lung capacity as the growing baby pushes against the diaphragm. This may cause you to be out of breath much faster than you are used to, especially when physically exercising.
- From the early stages of your pregnancy on, your placenta produces the relaxing hormone *relaxin*, causing, among others, the ligaments in the pelvis to soften. This is very useful for labour, yet until that time you need your pelvic muscles to be functioning well as they carry the weight of your organs, baby and the fluids in your belly. This means that pelvic floor exercises are advisable from your 2nd trimester on.
- The natural softening of your pelvic ligaments during pregnancy may, to a certain extent, impact your pelvic stability. As you may feel more flexible during pregnancy, our advise is to remain well within 70% of both your ultimate stretch and physical endurance during your yoga practice.
- Especially when you overstretch or strain during a strong yoga practice, physical exercise or in daily life, this can possibly cause (severe) pelvic girdle pain (PGP), such as nagging or shooting pain around the pubic bone, sitting bones, hips, pelvic floor or around your SI joints (lower back) and/or buttocks or legs.
- **Please note: In case you experience any of the physical complaints described above, please contact a specialized pelvic physiotherapist.**

For the abovementioned reasons, we strongly recommend you to, temporarily ofcourse, switch to specialized prenatal (pregnancy) yoga classes.

Why prenatal yoga?

During the 2nd and 3rd trimester you will start to show and your baby will be more and more present in your body. The way you are able to move and do yoga will start

to change and the necessity to adapt your yoga practice will be much more apparent at this stage.

From your 2nd trimester /14 weeks of pregnancy on and until the birth of your baby, we advise you to join our specialised Birthlight prenatal yoga classes. Prenatal yoga classes are especially designed for pregnant women, both keeping them safe and healthy as well as fit and relaxed during pregnancy. Prenatal yoga is suitable for all pregnant women from 14 weeks on and until birth, for women with or without yoga experience. Even, and especially, when you are experiencing physical complaints or inconveniences, you are in the right place in a prenatal yoga class as we aim to

What do we do in class?

As a passionate yogi from Yoga Moves, you may be used to taking yoga classes regularly, and this doesn't have to change now that you are pregnant!

In our prenatal classes we show you how to do yoga in a slightly different way; safe and appropriate for you and your baby. We take into account that your body is more flexible (and therefore less stable) than normal, that your mind may be full, and your spirit may change as rapidly as the weather. We teach you specific exercises, movements and asanas to support your body, mind and soul during pregnancy, to remain fit and flexible and to deeply relax both physically and mentally.

We explore and give insight in your changing body, pay lots of attention to the pelvis, the pelvic floor, the back and shoulders and practice safe transitions. Every class includes breathing techniques (either for relaxation or birth) and ends with a deep relaxation. In addition, we make time for some sharing and there is space for questions.

To be in a good state, both mentally and physically, is the best preparation for birth and the first months after birth. Practicing prenatal yoga will not only help you to feel fit and flexible, prevent complaints in especially the pelvic area, help you to cope with the changes in your body and daily life, but will also practically contribute to your preparation for birth. What is more, prenatal yoga enables you to be pregnant in a conscious way, really experiencing those precious moments of being in contact with your growing baby.

*You are welcome to try a class first before you decide to continue, buying a **trial class** for only €12,00. In case you want to join in more regularly, a 5, 10 or 25 class card may be a suitable and cost-friendly option.*

*As you are a client from Yoga Moves, we offer you a €15,00 discount on our **10-Class Card** for only €135,00 (instead of €150,00).*

Chapter 3 – Birth Prep

Around 35 weeks of pregnancy, we advise you to do some type of birth preparation. We offer several group and private options for you or for you and your (birth) partner together.

The classes and courses below are all practical and informative. During the classes we guide you through the phases of natural birth, show and practice useful breathing techniques, positions for labour & birth and poses and movements from Birthlight prenatal yoga, for each stage of labour. You will learn how to encourage the natural process of birth and will see how you can birth actively and how your (birth)partner can support you during the process. All practices are specifically focused towards giving birth in the most relaxed way possible.

What our class/course include

- BREATHING TECHNIQUES to remain as relaxed as possible during labour and contractions.
- POSTURES & MOVEMENTS to help your body give birth as smoothly as possible
- BIRTHING POSITIONS to enable your body to give birth naturally and as a team together with your (birth)partner
- SUPPORTIVE ROLE OF THE (BIRTH) PARTNER with massage, practical and mental support

Good to know:

- Whether you are planning to give birth at home, in hospital or a birth hotel or the 'Geboortehuis' – active birth and relaxation can be helpful at any location.
- The more time you choose to spend on birth prep (2-3-or 4 hrs) the more time we have to teach and explain, practice and answer questions.
- Do you have a specific situation, wish, questions or did you give birth before? Consider taking a private class which we can adapt to your wishes.

1. **Prenatal Partner Class (2 hrs)** Group or Private, for you and your (birth) partner together: In this compact birth prep class we teach you all we can in 2 hrs about giving birth. More info

2. **Private Birth Prep Speed Course (3hrs)** For yourself or together with your (birth)partner. With an hour extra we have more time to dive into the practices and specifically cater the class to your needs or wishes for birth. Book me!

3. **Private Birth Prep Course (4 hrs)** For yourself or together with your partner: In these 2 classes of 2 hrs we elaborately discuss natural birth and how to support it yourself and together. In the course there is ample time to practice positions for labour & birth as well as breathing and massage techniques to relieve pain and tension. More Info

4. **Private Birth & Postpartum Prep (4hrs)** For yourself or together with your (birth)partner: In these 2 classes of 2 hrs, you gain the necessary insights, knowledge and practices to be well prepared for both birth as well as the first 6 postpartum weeks after birth.

Chapter 4 – After Birth: Postnatal Yoga

Good to know about your Physical Recovery

- The effects on a woman's body of 9 months of pregnancy and birthing a baby (either vaginally or through a cesarian) are not to be taken lightly. Please know that recovering from pregnancy and birth takes time!
- Did you know that at six weeks postpartum, your pelvic floor is only at a mere 25% of its original strength? Although all our bodies are different, and so is our recovery, a full recovery (of the strength of) your pelvic (floor) muscles and the ligaments around the uterus, takes 9 months to a year. Until that time, it may be wise not to fully burden the pelvic floor to prevent prolapse of the uterus or other organs at a later age (such as during meno pause).
- Relaxing hormones still play a role in your body after birth, especially when breastfeeding (even up to 3 months after quitting breastfeeding). This means you are still more flexible and joints are less stable than before pregnancy. As a result, new moms are more prone to injuries (in the pelvic area, but also to wrists and ankles) and it is wise to skip strong asymmetric yoga poses and prevent any overstretching.
- During pregnancy your rectus muscles have parted to make space for the growing baby. At six weeks after birth, 60% of new moms still have a space between the rectus abdominal muscles – which is called **diastasis***. In case of a diastasis, the stabilising muscle 'corset' formed by the abdominal and back muscles, is underbroken, which may cause (serious) core stability and lower back issues in the postnatal period. Specialised exercises help to reduce diastasis and build core strength from the inside out. (*See a picture below)
- Many of the pregnancy guidelines to prevent asymmetric movements and positions, are still valid after birth, especially as new moms carry their babies.
- ***In any phase after birth, in case you (regularly) experience physical complaints*** such as, such as nagging or shooting pain around the pubic bone, sitting bones, hips, pelvic floor or around your SI joints (lower back) and/or buttocks or legs, ***please contact a specialized pelvic physiotherapist. We can help you to find one close to you.***

Why postnatal yoga?

Late pregnancy and birth were all about making space and opening your body. After birth, you want to close your body again, rebuilding your core strength from the inside out in a gentle, yet effective way.

After meeting your little one, the first step in returning to your regular yoga practice is to join in our specialised Birthlight **postnatal yoga** classes suitable for new moms from 6 weeks after birth, and until you feel ready to move on.

These soft yoga classes pay attention to any issues that may play a role in your postnatal body; from diastasis, pelvic issues, lower back pain, to stiffness in your shoulders and so forth.

What do we do in class?

We cannot stress this enough: **be gentle, patient and take things slow!** Your future body will thank you big time. Focus on healing the inside and the outside will follow.

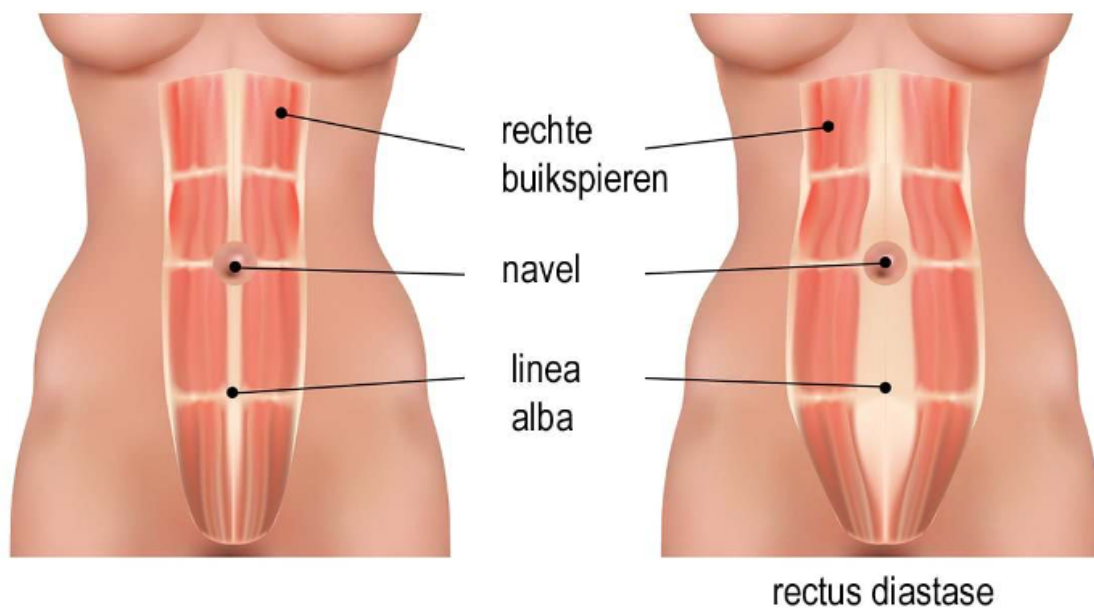
In our postnatal classes we therefore focus on stabilising the pelvis, closing the body and rebuilding core strength from the inside out. This means exercises are small and gentle, such as deep abdominal breathing, activating both the pelvic floor as well as deep abdominal muscles.

We take time to feel the pelvis and bring it back to a neutral stance and work on posture to align the spine. Slow steady breathing helps to close the ribs and belly (diastasis). We focus on gentle exercises that feel very powerful and supporting after giving birth and will help you, with time, to safely return to your regular yoga or sports practice.

During our classes, which last for 75 min, we practice yoga poses and movements that rebuild your core strength in a safe way and practice breathing techniques for a relaxed mother's mind. Moreover, an important part of class is the sharing of experiences with other moms as well as a well-deserved, deep end relaxation.

You can sign up for a discounted *trial class* and reserve your spot in one of our classes through our hybrid *Yoga Schedule*.

Diastasis



Chapter 5 - Beyond Birth: Returning to regular Yoga

We mentioned it before: Although all births and bodies are very different, generally speaking, a full physical recovery after birth takes any time from 9 months to up to a year. Given that your physical recovery, especially of the pelvic area, takes ample time, you may understand why it is advisable to restart your regular yoga or any other sports practice, in a slow and gentle way.

- When returning to regular yoga classes after birth and even after practicing postnatal yoga for a while, it is still wise to take it slow and be gentle with your recovering body. This means you may still want to choose your yoga form wisely and adapt several classic yoga asanas.
- After 4-6 months postpartum, and even when feeling great, strong forms of physical yoga (such as ashtanga and vinyasa flow yoga in which the pace is high and include many strong and/or asymmetric poses putting particular strain on the pelvic area) and certain asanas will not yet be appropriate for you as a new mom. This is especially the case when you are experiencing complaints in your pelvic area, pelvic floor, or your lower back, or in case your rectus (belly) muscles have not come together yet (diastasis).

When you decide to return to regular yoga, we therefore advise you to take into account the following guidelines so that practicing yoga is safe and appropriate for your recovering body.

When you decide to attend regular classes

- **Always inform your teacher**
Pull your teacher aside (5-10 min) before class if you recently gave birth (within 4 months). This allows the teacher to adapt asanas and give you more suitable variations, assist you and keep an eye on you during class.
- Many of the **guidelines** for moving, transitions and adapting your yoga practice during pregnancy, are still valid for the period after birth (until 9 months to a year).
- **Slow it down** - Rather choose more gentle forms of yoga first, slowly building towards more active and dynamic yoga types. In more dynamic classes, practice slowly and gently, taking breaks when and as many as needed. Yoga Moves offers several gentle yoga styles.
- **Practice Gently** - Less is still more when it comes to stretching. You may feel your body is still more flexible after birth, especially when you are breastfeeding. Therefore, resist the tendency of stretching to the edge, to prevent overstretching and damaging the cartilage.
- **Pelvic Instability**
If you regularly experience pain in or around the pelvic area; in the pelvic floor, pubic bone, the tail bone, your hips or around your SI joints (lower back) – in or

outside class – then please pause attending your regular yoga classes. Pelvic girdle pain can be just as serious after birth and we rather keep you safe and sound. Find a pelvic specialist (we can advise you!) and come (back) to our specific postnatal yoga classes where we can safely support you while practicing.

Asana Tips

- **Keep your pelvis safe**
 - No wide lunges or asymmetric poses. Keep the distance between your feet approximately max. 1 meter in the warrior poses, triangle etc.
 - Keep your knees micro bend at all times, preventing overstretched legs.
- **Build up core strength slowly** – Be especially careful with strong poses (like sit-ups and planks), training the rectus muscles when you still have diastasis. In addition, continue your small, yet effective pelvic floor exercises, a full yogic breath, and lower back exercises to build strength from the inside out.
- All sorts of **twists** (also closed ones) help bringing the abdominal muscles together again and help reduce diastasis. Twists can be done while lying, sitting, standing or walking and together with your baby.
- **Soft yoga** forms such as Restorative Yoga and Yoga Nidra, and nice long shavassana's. can help you to restore your energy and make up for broken nights.

Yoga Moves Discount

When (re)starting regular yoga classes after your pregnancy, Yoga Moves offers a special discount. You can choose between a 10x class card for €99,- instead of €139,- with the code: VANDAAN2022, or 50% discount on your first month membership.

Simply enter your promo code upon check out, or reach out to Yoga Moves via contact@yogamoves.nl for the special offer on your membership.

A RECAP: Advised Yoga Schedule After Birth

1. In the first 6 weeks after birth **NO YOGA ASANAS**, except for gentle and supported restorative poses. **DO's**: yoga nidra, meditation and postnatal breathing exercises reactivating the pelvic floor.
2. As of 6 weeks after birth we advise to take specialized **POSTNATAL YOGA classes**. Restorative yoga and Yoga Nidra are advisable too, as they help you to relax and restore your energy.
3. As of approximately **5-6 months** after birth (depending on how you and your pelvic area feel), also more gentle and slow yoga forms are suitable such as well-women yoga, slow flow or hatha yoga, hereby adapting asymmetric poses and respecting your physical boundaries with regard to stretching.
4. From approximately **6-9 months**, more stronger forms of yoga can be added to your range, yet, still be careful with strong asymmetric movements and poses (such as the warrior poses), adapting those to a smaller stance, and consciously respecting your physical boundaries.
5. From **9-12 months**, in most cases, you can safely return fully to your regular yoga practice (only when you are completely pain or discomfort free!)

Important notice!

In any phase after birth, in case you (regularly) experience physical complaints such as, such as nagging or shooting pain around the pubic bone, sitting bones, hips, pelvic floor or around your SI joints (lower back) and/or buttocks or legs, please contact a specialized pelvic physiotherapist. We can help you to find one close to you.

Afterword

As we mentioned in the beginning, we hope you will enjoy your yoga practice during and after birth just as much as you did before this pregnancy adventure started.

Of course, practicing yoga will be different for a while. Yet, we hope yoga will bring you a new experience during this unique phase in your life. We hope that slowing down, turning your attention inside and exploring characteristics such as softness, calmness and consciousness may help you to connect to both your amazing female body, as well as the beautiful little human growing inside of you.

You can find our hybrid yoga schedule on our website – studiovandaan.nl, as well as info on how to sign up. If you have any questions on the information in this e-book or on your personal situation, please let us know! We are happy to help you!

We look forward to meeting you in class!

The Studio Vandaan – Birthlight teacher team:

Danielle, Nadine, Eveline, Andrea, Robin, Anouk, Esther v K, José, Pien and Esther N