



PREGNANCY YOGA

THE PORTLAND HOSPITAL OFFERS A RANGE OF ANTENATAL AND POSTNATAL YOGA CLASSES.

Pregnancy yoga

Regular exercise during pregnancy helps the baby move into an optimal position for an easier birth. Breathing and relaxation techniques are particularly helpful during labour. Yoga exercises can also help with improving core strength and can help avoid some common problems which can occur both during and after pregnancy. These can include nausea, backache, postural imbalances, low-energy levels, difficulty sleeping and poor circulation. All classes are small, with a maximum of eight people, therefore providing excellent attention to each participant

Mum and baby yoga with little babies (babies from six weeks to crawling)

This class is designed for mums to learn how to practice yoga with their baby. Building confidence for mums in handling their babies and encouraging mums and babies to bond. The carefully modified yoga postures, focusing on balancing of the body and breathing, can help mum's effective recovery in the early post-natal period. Common post-natal symptoms including back, neck, and shoulder pain can be eased as a result. Babies are stimulated through touching, moving, holding and talking to aid individual development. By improving muscle strength, co-ordination and balance this can help when baby sleeps. Mums can comfort their babies, feed or change them at any time in a relaxing and friendly atmosphere.

No previous yoga experience necessary.

Mum and baby yoga (babies crawling/walking)

This class gives the opportunity for mum to do more advanced yoga along with their babies. While mum concentrates on more dynamic postures and breathing, older babies can watch and play. This will also help mum's transition to general yoga lessons and other forms of exercise. The first year of baby's life is also an incredibly important

period of a women's life and continuing yoga throughout this can have long-term health benefits for both.

All welcome, with no previous mum/baby yoga experience.

Well women yoga or women's health yoga (all ages)

The main aim is to maintain quality of life at all stages of life. This class involves: - understanding our body to be able to use it better - deepening relaxation throughout the body - discovering a good feeling in our body and mind, finding freedom within - mastering breathing. The class is especially beneficial if you're concerned about pre-menstrual tension, menstrual pain or pre-menopause mood swings.

No previous yoga experience necessary.

Pregnancy yoga

Suited to those between 14 and 42 weeks All exercises are moderate, with the emphasis on being safe for you and your baby. We would recommend a minimum of five classes to enable you to be familiar with the repetitions of the various techniques.

No previous yoga experience necessary.

Prices

£25 per class | £125 - 6 classes

Junko Miura-Mainali

Junko has been immersed in yoga practice since 2002 and is certified in Vivekananda Yoga in India and Yoga Biomedical Trust in the UK. Having experienced two pregnancies, a passionate interest in childbirth awoke and lead to teaching yoga, specifically women, since 2005 keeping her teaching up-to-date with real-life knowledge. Outside UK, she established a residential yoga retreat centre in Nepal with her husband. Junko conducts yoga classes in English and in Japanese. She has worked with The Portland Hospital since 2011.

To book, please contact Junko directly: matriyoga@gmail.com

Classes run on a Monday, Wednesday and Friday at

4th Floor, 234 Great Portland Street, London.

<i>TIME</i>	<i>MONDAY</i>	<i>WEDNESDAY</i>	<i>FRIDAY</i>
<i>10:30 TO 11:45</i>	<i>Pregnancy Yoga (Japanese)</i>	<i>Post-natal Yoga (English)</i>	<i>Well woman/Post-natal Yoga (English)</i>
<i>12:30 to 13:45</i>	<i>Mum and Baby Yoga (Japanese)</i>	<i>Pregnancy Yoga (English)</i>	<i>Well woman/Post-natal Yoga (English)</i>