

**YOGA CAPE MAY**  
**KAREN MANETTE BOSNA**

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**PRENATAL YOGA**

Inside you is an innate wisdom that intuitively understands about the very natural process of birth. I help you reconnect with this wisdom, guiding you through a class specifically designed for the journey of pregnancy addressing therapeutic applications – common aches and pains. Linking yoga postures with the breath will lead you to new discoveries, bringing awareness to the mind, body and spirit, and also the spirit of your baby. The Private and/or Semi-Private PRENATAL YOGA Session is conducted in a calm, peaceful environment which will help strengthen the uterus and pelvic muscles, improve circulation, aid in digestion, exercise the spine and increase overall comfort. Yoga can also alleviate many of the discomforts of pregnancy such as nausea, constipation, varicose veins, swelling, back pain and sciatica. A safe, open atmosphere allows one to freely discuss any issues, from discomforts and concerns, to the wonderful new changes your body and baby are experiencing.

