

# PRENATAL YOGA & NUTRITION WORKSHOP

January 28, 2012 1:30 – 3:30 pm  
Downtown Yoga 220-B Division St. Pleasanton, CA 94566



## Yoga and Nutrition for Moms-To-Be

Come and enjoy a relaxing yoga practice with other prenatal mamas, and learn how to take care of your body and baby's with movement, relaxation and the food choices you make.

**Praveena Chinthaluri** will guide you through poses that you can also do at home to relax and restore energy as you journey through your pregnancy. Learn more about Praveena at [www.yogawithpraveena.com](http://www.yogawithpraveena.com)

**Angela Stanford** will teach you how to feed your body naturally to minimize weight gain during pregnancy and how to choose healthy foods that will nourish the developing mind and body of your unborn child while reducing pregnancy related complications and discomforts. Learn more about Angela at [www.vitalandwell.com](http://www.vitalandwell.com)

First – Third Trimester mamas welcome. Dress in comfortable clothing, bring a bottle of water and yoga mat if you have it.

**\$45 per student**  
*Includes yoga practice,  
nutrition instruction, recipe  
ideas, & healthy refreshment*



Register online at  
[www.pleasantonyoga.com](http://www.pleasantonyoga.com)  
or call 925-819-9983





## Frequently Asked Questions

### Prenatal Yoga & Nutrition Workshop

**1. I am brand new to yoga. Can I attend the workshop?**

*Yes you may attend our workshop. No prior yoga experience is required. Our prenatal yoga and nutrition workshop is very gentle, and it provides a safe place for you to strengthen your mind and body during pregnancy. If you have any medical conditions, please consult your physician before signing up.*

**2. Is it safe to practice prenatal yoga in your workshop?**

*Our workshop provides a safe environment for you to learn how to relax and restore energy through gentle yoga poses, breath awareness and meditation while you journey through your pregnancy.*

**3. I am already attending a prenatal class how is this workshop useful?**

*This is a specialized workshop that combines yoga, breath, meditation and nutrition for prenatal moms. In addition, you will receive holistic nutritional counseling to help you eat wisely for two, manage weight, optimize energy levels, and support emotional health.*

**4. Do I have to be an experienced practitioner of yoga to attend the prenatal yoga and nutrition workshop?**

*No prior yoga experience is required. Beginners and more experienced students will benefit from the gentle, prenatal focused poses, breath work, and meditation to strengthen your mind and body during pregnancy.*

**5. What do I bring with me?**

*If you already have a mat, please bring it with you, otherwise we provide mats and other props. Please also bring a bottle of water. Nutritious snacks will be provided as we transition from our yoga asana practice to talking about nourishing our bodies with healthy food.*

**6. What do I wear?**

*Wear loose fitting clothes that are comfortable to move in.*

**7. Is it open to all stages of pregnancy? Can I bring someone with me?**

*Yes, the workshop is open to pregnant women at any stage of pregnancy, with their partners, mothers, sisters, or friends.*

*If after reading this document, you still have questions, feel free to call Praveena at 925-819-2024 or Angela at 925-389-7107. We look forward to seeing you at the workshop.*