

Om Prana Yoga and Consultants, LLC

Media Contact:

Robb Poe
Om Prana Yoga & Consultants, LLC
816-673-1662
robb@ompranayoga.com

FOR IMMEDIATE RELEASE

PARKVILLE YOGA STUDIO FILLING UNMET NEED FOR PREGNANT WOMEN

Pregnant women search for ways to stay active and fit through yoga

PARKVILLE, MO./May 1, 2014/ Many women seek out options for exercise when they are pregnant but are not aware that prenatal yoga is available for them.

Yoga has long been on the shortlist as a top exercise while pregnant because it allows the body to produce and utilize oxygen better, and is low impact for ease on the joints. Many women are not aware that it is specifically a prenatal yoga class that they should be looking for, or don't know where to find one.

Many yoga instructors will welcome pregnant women into their class, but a regular yoga class will have many poses that aren't right for them, leaving the pregnant women looking around and wondering what they should be doing instead of the pose they can't get into. This feels more like work than rejuvenation. An article from the Mayo Clinic says that "studies have suggested that prenatal yoga can: Improve sleep, reduce stress and anxiety, increase the strength, flexibility and endurance of muscles needed for childbirth, decrease lower back pain, nausea, carpal tunnel syndrome, headaches and shortness of breath, decrease the risk of preterm labor, pregnancy-induced hypertension and intrauterine growth restriction — a condition that slows a baby's growth."¹ All of these things help pregnant women feel more comfortable and confident in their rapidly changing bodies.

The emotional and psychological aspects of pregnancy are also addressed in prenatal yoga. Pregnancy can be wrought with mood swings, fears about birthing, anxiety over caring for a new baby, concern about the financial impact on your family, and distress about your changing body. Prenatal yoga provides an opportunity to chat with other pregnant women about these things and also give an outlet through meditation and sense of community.

With Mother's Day approaching, it is a great time to honor the sacredness of pregnancy and motherhood with prenatal yoga. Gift certificates for prenatal classes make a great shower gift.

Om Prana Yoga, a studio in Historic Downtown Parkville announces Mystic Mama Prenatal Yoga classes on Tuesdays at 7 PM. Om Prana Yoga offers an affordable, high quality service from educated and passionate teachers in a supportive community that creates a sense of belonging at all levels of experience. Visit www.ompranayoga.com for additional information about our other services.

For additional information regarding Prenatal Yoga, please contact Carrie Dienhart at 816-785-3689 or email at c.dienhart@yahoo.com.

About OM Prana Yoga & Consultants

Om Prana Yoga, LLC , DBA Om Prana Yoga & Consultants, is a boutique yoga studio located in historic downtown Parkville, MO. The company has been operating since 2010 providing corporate seminars using yoga and breathing techniques for sales teams, executive retreats, team building, wellness

programs and law enforcement. The studio location offers classes to the general public and provides a central location for ongoing corporate training programs.

¹Mayo Clinic. "Prenatal yoga: What you need to know" <http://www.mayoclinic.org/healthy-living/pregnancy-week-by-week/in-depth/prenatal-yoga/art-20047193?pg=1>

###