**Yogaworks pregnancy yoga information sheet and FAQ’s**

**How to book:** Please use my on-line booking system available through my website and check that you are booking for the right dates.

Please book for the class that you are wishing to attend on a regular basis. You can then swap around classes occasionally if you need to, for example if you can’t make your regular session or if you wish to attend more than one session during a week of the block to make up for a missed session. Just check with me the first time you wish to do this please as sometimes the sessions are fully booked – but usually there is some flexibility for all the classes and if that is the case you can just turn up to the session you can make that week without having to check with me.

**I don’t offer refunds or carry overs for un-used sessions from one block to the next SO PLEASE DON’T ASK ME FOR THIS.**

Some weeks I am teaching away from home so the sessions won’t run on those weeks. Please check all the dates on my website before you enrol so that you are aware of any breaks.

If you are trialling a class then you will need to fill in a health form in class before your first session.

You can join these classes at any stage in the block if there are spaces. Just check with me and we can work out a sensible payment arrangement.

If you are due before the end of the block you can pay per session (£10). Just let me know please if you are planning to attend on a casual basis before the block starts but you don’t need to let me know each week. It would help me if you could let me know though if you have had your baby!

You are welcome to swap to the daytime class during a block if there is space for example if you go on maternity leave – just check with me first.

**Venue information:** Each class takes place in a different venue so please check directions before you leave as I turn my phone off when the sessions start.

**Evening classes** take place **at The Space Upstairs, Spencer Yard, Leamington CV31 3SY.** The venue can be tricky to find first time: go to [Streetmap.co.uk - Map of cv31 3sy](http://www.streetmap.co.uk/map.srf?x=431922&y=265416&z=0&sv=cv31+3sy&st=2&pc=cv31+3sy&mapp=map.srf&searchp=ids.srf) for a map of the location. Once in the yard walk through the private car park area until you come out into the big open courtyard. The Space Upstairs is the upstairs hall in the building on your right - take the grey door straight up the stairs to the hall. There are plenty of toilets downstairs in the main lobby area but you will need to come up to the yoga hall first then use the others stairs to access that area.

There is some parking next to courtyard – after 6pm it is open to the public so you can ignore the private car park notices. However there are not many spaces and the entrance narrow so you may be better parking nearby and walking to the venue. If you are attending the Wednesday evening class which starts at 5.30pm you will need to park on street not in the yard.

There are some spare mats and cushions at the venue so you can borrow these if that makes it easier for you, especially if you are walking or coming via public transport (this venue is close to the town centre as well as railway station and bus stops). There is space to change in the hall or downstairs in the toilets.

**The daytime classes take place at Stonemonkey yoga studio and cafe, 22 Binswood St, Leamington CV32 5RN.** Please see this [map](http://www.streetmap.co.uk/map.srf?x=431433&y=266439&z=0&sv=cv32+5rn&st=2&pc=cv32+5rn&mapp=map.srf&searchp=ids.srf) and go to their website: <http://www.stonemonkey-yoga.co.uk/> for more location details. There are usually 2 hour parking spaces in front of the café or on street close by. I provide all mats and cushions for these classes. There is a toilet in the downstairs cloakroom. Please wait in the café upstairs until 10 minutes before the session starts if you are early. Some groups enjoy sharing time together in the café after the classes. There is space to change in the downstairs cloakroom.

**FAQ’s**

**What are the benefits of doing Yoga during pregnancy?**

**Physical benefits:**

\* developing more effective breathing to calm and energise

\* help alleviate back ache and sciatica

\* better posture

\* strengthening of pelvic floor and other core muscles

\* learning how to manage pelvic girdle pain

\* preparing body for birthing by rehearsing key movements

**Mental/emotional benefits:**

\* reduce stress levels (also helpful for baby)

\* promote deeper sleep

\* greater confidence approaching labour

\* bonding with baby

\* meeting other pregnant women

**When can I start the Yoga sessions?**

From about 14/15 weeks of pregnancy, the symptoms of early pregnancy such as excessive tiredness and nausea often start to ease. Until then, you should focus on getting as much rest and relaxation as possible. Wait until you feel well enough to start your physical Yoga practice - for some women this is later than 14 weeks.

**Is there anything I can do whilst waiting to join the classes?**

You can read about some simple yoga practices: [early pregnancy tips](http://www.yogaworks.me.uk/documents/earlypregnancytips.pdf) 

The Pregnancy and Birth Network is a great resource during pregnancy as well as when you have had your baby. We are a network of locally based therapists all specialising in this field of work - including acupuncture, homeopathy, osteopathy, baby signing, massage and lots more. You can go to our website [Pregnancy And Birth Network](http://www.pregnancyandbirthnetwork.co.uk/) and also our facebook page [Pregnancy & Birth Network](http://www.facebook.com/pregnancyandbirthnetwork)

**Do I need to have practised Yoga before?**

No – the sessions are all very gentle and assume that you are a beginner. If you have practiced Yoga in the past then this will be an added benefit although if you are used to stronger or more dynamic Yoga then come with an expectation of gentleness!

**Is Yoga safe for me and my baby?**

Absolutely, providing that you avoid certain practices that are unsuitable for pregnancy, such as strong backbends or twists. All the exercises in the pregnancy sessions have been specifically designed to be safe for pregnancy. If you do decide to join or carry on attending a general Yoga class, then always make sure your teacher knows that you are pregnant.

**what will the sessions involve?**

We usually start the Yoga with a breathing practice to help you calm and centre yourself, progressing to a range of gentle movements in a variety of positions, from sitting to kneeling, on all fours to standing. These movements focus on helping the body to gently stretch and tone as the pregnancy progresses, allowing you time to focus on your pregnancy and to prepare for labour. Pelvic floor muscle exercises are usually included in the session, as well as a deep relaxation. You will never be expected to do anything that you do not wish to do or which does not feel right for you. Many women experience pelvic girdle pain in pregnancy (formerly known as SPD) and I welcome you to my class as many of the practices focus on pelvic stability. Just please let me know on your health form when you join if you do have pelvic discomfort. Please also download the information sheet on pelvic girdle pain: [managing pelvic girdle pain](http://www.yogaworks.me.uk/documents/managingpelvicgirdlepain.pdf) 

**what will I need to wear to a Yoga class?**

Wear something you feel comfortable moving in, a little stretchy but not too baggy such as leggings and T-shirt/sweat shirt. Layers of clothing is a good idea helping you to be comfortable and to stay at the right temperature whether you are moving around or lying down.