

YOGABIRTH®

CHILDBIRTH PREPARATION FOR THE EXPECTING COUPLE

with Shelle Noble, M.A., R.Y.T.

The basic wonder of yoga is that you learn how to breathe. To really breathe in a way that brings oxygen to the places that are crying out for it. And as you focus your breath, you also begin to relax those places. You surrender. Your mind calms. Your body opens. You feel a deep sense of strength. A strength that is respectful of your body's changing needs. A confident strength that trusts your body's innate ability to labor and birth your baby with pleasure.

Learn how to optimize yogic breath and sound for birthing.

Practice specific yogic postures for each stage of laboring.

Prepare the mind to trust the body to surrender, release and open.

Create a birth vision together.

Friday (see dates below)

7-9:00pm \$40/couple

January 30, March 6, May 8, 2009

Shelle Noble, M.A., R.Y.T has been trained in yoga for pregnancy and childbirth. Her focus is on the tantric energy and power of the mind, body and breath in connection to birthing. She has been a practitioner of yoga for most of her life and is a mother of two who has given birth in both worlds of hospital and home.

Shelle is a DONA certified doula-in-training. She is available for private yogic therapy specializing in preconception, birthing, breastfeeding and postpartum hormonal adjustment. Her contact number is 805-450-6705. For further information please visit www.yogabirthritual.com.



Santa Barbara Yoga Center

www.SantaBarbaraYogaCenter.com

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