

## **Prenatal Partner Yoga/ Childbirth Education Workshop with Juliana Secches**



Join Juliana, Pre/Post Natal Expert, to learn important tools to help you face the physical and emotional demands of labor, birth, and early motherhood in a positive and supportive environment.

**Saturday, June 2nd, 1:00 – 4:00pm, at Karma Kids Yoga's Peace-In Studio** Call (646)638-1444 to register. Fee: \$80 advance; \$100 at the door.  
The next workshop is Saturday, July 28<sup>th</sup>.

- **Learn how Yoga can be helpful during pregnancy, labor and delivery.**

We will work with partners (bring your own or we will partner you with someone) to understand how to effectively ask for and use the support of another person when coping with natural sensations and feelings that arise during pregnancy, labor and post-partum.

- **Strengthen core muscles**

We will focus on the use of core muscles to maintain a healthy back while your shape naturally changes as your pregnancy progresses. Strong core muscles are very important for birth and recovery afterwards.

- **Explore options in childbirth**

There will also be a discussion and brief Q & A session on childbirth and the role of the birth partner. This is a non-traditional childbirth class, which focuses on body awareness, self-exploration, effective communication and understanding of individual needs.

- **Meet other parents-to-be**

A light, healthy snack will be served and gift bags will be given to all the parents-to-be.

*Juliana Secches, RYT, Exercise Physiologist, Childbirth Educator, Doula, and Pre/Post Natal expert, created this very informative workshop to share her experience. She developed a true fascination for understanding the movements of the human body from very early in her life. Pregnancy and childbirth were just topics she grew up discussing with her father, who's an OB/GYN and apprenticed her into a lot of the work she does today. Juliana is also a mom to yogini Bruno.*

**KKY's Peace-In Studio 102 West 14th Street, between 6th and 7th Aves.  
(646)638-1444 [www.karmakidsyoga.com](http://www.karmakidsyoga.com)**