



MONDAYS  
12PM



Mewinzha  
802 Paul Bunyan  
Dr S  
Suite 12  
Bemidji, MN  
(Behind McKenzie  
Place)



PRENATAL

# YOGA WITH PEARL

Join Pearl Walker-Swaney, 200hr Certified Yoga Instructor, for prenatal yoga.

Prenatal yoga is a lifestyle practice that builds awareness of mental, physical, and spiritual wellness in the first to third trimester.

Benefits of prenatal yoga include:

- Promotes stress relief
- Improves circulation in the body
- Prepare muscles & ligaments for birth
- Practice breathing techniques for labor & birth

Each class is 45-55 minutes & will include:

- Choices and movement variations
- Guided meditation
- Mudras (sacred gestures)
- Breathing techniques
- Asana(postures)/movement
- Savasana (rest)
- Metta (the practice of love and kindness).
- Light, fun music
- The 8 limbs of yoga

Bring a yoga mat, blocks, bolsters or pillows, and water bottle!

Visit our website below or email at [pearl.walkerswaney@mewinzha.com](mailto:pearl.walkerswaney@mewinzha.com) for more information.

[www.mewinzha.com](http://www.mewinzha.com)