



PRIVATE POSTPARTUM YOGA

Six in-home specially curated classes

Many people struggle with surrendering to rest. You may feel antsy to “get back at it” but may not know what is appropriate or supportive for your body, and you may over do it easily.

In the first 6 weeks Postpartum, movement should be limited to tending to your baby, stretching, and breathwork. The movement around your house, especially if you have stairs you need to traverse, is more than enough.

Resist the urge to do more than that unless you absolutely have to.

I can support you by guiding you through supportive movement and breath practices reducing the risk of overdoing it.

After the first 6 weeks, we can begin to explore other options, within you physical needs and limitations.

It's okay if Baby is awake and with us. They are fascinated by watching movement, and can join the practice with you anytime!



PRIVATE POSTPARTUM YOGA

Receive specially curated movement and breath practices, as a form of Body Care, to support your changing postpartum body.

Private Postpartum Yoga

Six - 75 minute private classes, in the comfort of your own home.

- Yoga and movement practices designed to support you and your body wherever you're at;
- Breath, meditation, and nervous system regulating practices;
- All props provided (Blocks, Bolster, Yoga Strap, and Yoga Tune-Up Balls);
- 60 Minute Yoga Practice;
- 15 Minutes for check-ins, sharing and reflection;
- Music and speaker provided.

Investment \$555

Classes can be weekly, or multiple days a week - your preference