

Prenatal Yoga

with Neve Loehr



A Sattvic, we allow space for connection and community. Through yoga postures, breathing, meditation, and relaxation women on the journey of pregnancy can experience peace, ease, and space in their body, mind, and spirit. Prenatal postures help the body's strength and also allow for softening in preparation for labor.

Neve practiced yoga during her pregnancy. She enjoys sharing yoga with women during this unique time of their life. "Deeper

body awareness is part of pregnancy. When women explore yoga, it opens space to allow for easier access to new parts of themselves. Pregnancy is inherently a spiritual time as the creative life force energy flows in the mother creating the baby. It is a rich and ripe time to be in community with other mothers on this journey. An identity shift is taking place as you embrace motherhood. Both mom and baby are greatly blessed by the practice and benefits of yoga during pregnancy."