

Yoga For Pregnant Women



First Trimester

Second Trimester



Third Trimester



Benefits

Yoga alleviates common discomforts of pregnancy, such as back pain, headache, nausea and shortness of breath. It helps increase the strength, flexibility, and endurance of muscles required during childbirth. It assists in improving sleep quality while reducing stress and anxiety often associated with pregnancy. It aids in developing a sense of bonding and emotional connection during pregnancy.

