

**MATRIKA PRENATAL: A GENTLE PRACTICE FOR
PREGNANT WOMEN**

Suzanne Valk

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Create more vitality, strength, flexibility and balance so you can maintain optimal body weight. The central channel is a line of energy that runs through the center of your body from the crown of your head to about three finger-widths beneath your navel. The good news about this practice is... Learn how to feel more comfortable, present and centered during your pregnancy. Use your inner thigh strength to deepen the stretch and keep your knee in a healthy position.

Currently, our classes, workshops and Childbirth Education programs are more Prenatal Yoga is designed to help clear the central channel so you can access this vibration, keep it clear and help connect with your baby through light, sound and feeling. This is a traditional Baptiste Power Vinyasa Yoga class, safely modified for women who are early in their pregnancies.