

Yoga for Labor

A workshop presented by Sonya Padron, 500-hr RYT & Birth Doula



Many of the postures and breathing techniques practiced during prenatal yoga classes are natural birthing positions. This workshop takes a deeper focus on the poses and breaths that are most useful during labor. Working with a pregnant woman and her birth partner, Sonya will show birth partners how to setup, guide, and support a laboring woman, both at home and in the hospital, so that she can continue to safely and comfortably hold beneficial yoga poses throughout labor.

Sonya blends her experience as a yoga instructor, birth doula, and mother-of-two to guide couples through a positive birth experience.

Saturday, May 5, 2018

12:30 – 2:00 pm

Price \$45 includes mom & birth partner

Register at

www.harmonymama.com

or call 408-370-3702