

Prenatal Yoga & Postpartum Mom & Baby Yoga

By GLOW at York Hospital Living Well Center



York Hospital is delighted to offer two yoga programs to enhance your pregnancy, birth and new motherhood experience.

- **Build your strength, flexibility & endurance tools for labor and new motherhood**
- **Improve sleep, address back pain, nausea and headaches**
- **Learn to relax, decrease stress and anxiety, and create a calming environment at will**

"As a physician I am always looking for healthy ways a pregnant or new mother can reduce stress and anxiety. One of the best practices which comes to mind is yoga! Not only does it reduce stress and anxiety, it also has been found to improve sleep, decrease lower back pain, and increase strength, flexibility and endurance of muscles needed for childbirth!"

Dr. Erron Kinsler, MD, OB/GYN

"A group of moms arrange to attend together, then follow that with a delicious lunch at the café next door. Some mom-time and a highlight of the week!"

Elizabeth Kilgore, RN, CD, CCE

No previous yoga experience necessary. Yoga mats provided. Prenatal yoga can be started at any time during your pregnancy. Postpartum Mom & Baby yoga offered for mom and newborns to pre-crawling. Offered on an as needed basis; when a minimum of 4 people enroll, a date will be chosen.

Fee: One class \$20. 4 classes \$60.

Payment due at time of class.

**Offered at the bright, fresh space of York Hospital's Living Well Center
To register, contact Nickie at nickie@glowbodywork.com or 802-922-3003**



Nickie Bolger, RYT-200, RPYT: Nickie has been teaching yoga on the Seacoast since 2012. She passionately believes in the endless benefits of yoga during pregnancy, birth and the postpartum period. Nickie's warm spirit and experience can be felt throughout her yoga classes as she intertwines good technique with support and education into the classes she offers.

