

Yoga & Massage For Pregnancy & Birth with Darlene Bergener

Saturday, January 14, 2012 1:45pm - 4:45pm \$50 per couple

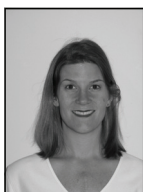
While pregnancy is often filled with excitement and happiness, it can also bring physical discomforts and anxiety about your upcoming labor and delivery.

This hands-on workshop provides a safe and supportive environment for you and your partner to learn various comfort measures that aren't covered in typical birthing classes. You will learn practical tips and techniques that can be helpful through all stages of pregnancy, labor, delivery, & postpartum. Natural, medicated, and C-section deliveries will be discussed.



You will learn:

- Yoga postures to help alleviate common discomforts like back and hip pain, leg cramps, and sciatica
- Breath and relaxation practices to be used during pregnancy and throughout your labor
- Massage techniques to aid in pain relief through all stages of labor and delivery
- Ways to increase confidence in mom and partner as your due date approaches
- Tips from the experts on improving your birth
- Exercises to help with postpartum recovery



Darlene Bergener, RYT500, LMT, completed her 500 hr training through the Himalayan Institute in traditional Hatha Yoga and holds an additional 200 hr certification in prenatal and postnatal yoga through Colette Crawford of the Seattle Holistic Center. Darlene began her yoga journey in 1998 during her 12 year career as a mechanical engineer, turning to yoga to maintain her own health and sanity. As the benefits of yoga had such a profound effect on her, she knew she had to share it with others. With a strong knowledge of anatomy and a good sense of humor, Darlene encourages students to have fun while maximizing their physical, mental, emotional, and spiritual health, learning yoga for life, not just in the classroom. Darlene is also a Licensed Massage Therapist (LMT) with certification in prenatal and postnatal massage. Darlene and her husband are happily celebrating the birth of their first child, a beautiful baby girl!

(Registration Form)

Please fill out this form and return with payment to: The Yoga Center of Columbia, Parkridge Plaza Building, 8950 Route 108, Suite 109, Columbia, MD 21045 or fax with credit card info. 410.772.9591. Register at www.columbiayoga.com

Name: _____

Address: _____ City _____ State _____ Zip _____

Please check: (✓) Check here if this is a new address

Telephone # : (Days) _____ (Nights) _____

E- Mail: _____

(✓) Sign me up for Yoga & Massage For Pregnancy & Birth, Saturday, January 14, 2012 1:45pm - 4:45pm \$50 per couple

Payment Type: (✓) Cash Check Visa MasterCard American Express Discover

Acct. No. _____ Exp. Date: _____ Signature: _____