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Prenatal Yoga Teaches Breathing & Relaxation Exercises For Expectant Mothers

By Michele Oberton

Prenatal yoga is an exercise that is designed to promote breathing exercises, posture and

emotional relaxation. This approach is often sought by pregnant women who are preparing for a natural childbirth or who wish to stay physically and emotionally healthy during their pregnancy. One of the many benefits of prenatal yoga is the lack of physical exertion that is required, which makes it a safe practice for many moms-to-be.

During the pain that is associated with a natural childbirth, prenatal yoga will attempt to promote proper breathing that will help to make the process an easier one. In addition, relaxation is essential during the childbirth process and although it can be difficult, prenatal yoga can help to teach women how to relax themselves as much as possible.

For some, prenatal yoga may be sought as part of a spiritual process that helps them to connect with their unborn child and/or prepare for the new arrival. In some cases, prenatal yoga may even be beneficial after the birth as it instills techniques that are associated with relaxation. As every new mom knows, there is a definite need for relaxation after having a child.

For some, prenatal yoga may help women to return to their pre-pregnancy weight more quickly than others. For most, this is a struggle that takes a lot of patience and determination. In general, yoga is an exercise that promotes physical fitness, relaxation, breathing, spiritual and emotional connections, etc.

If you are searching for a prenatal yoga class or instructor, the best place to start is through your physician. During your next visit, ask the doctor if prenatal yoga would be safe for you and, if so, who you could contact for instruction. Most physicians are aware of any local classes or instruction being given and will often be able to refer patients to a class that is most convenient for them. Most women prefer that the father of their child or a friend or family member attend prenatal yoga classes for support and guidance. Having someone familiar will also make the classes more enjoyable and relaxing for the mom-to-be. Before enrolling in prenatal yoga, it's best to make sure that the instructor is licensed, certified or highly trained and experienced in teaching this type of relaxation method.

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The information in this article is to be used for informational purposes only. It should not be used in place of, or in conjunction with, professional medical advice. Anyone with questions regarding prenatal yoga must consult their physician for further information.

Want to learn more about prenatal yoga? Make sure you visit our site at:

<http://www.prenatalyogaguide.info>

for access to additional prenatal yoga tips and information.

Prenatal / Pregnancy Massage

By Sharon Hopkins

Pregnancy is one of the most special times in a woman's life. The feeling of carrying another living being in your womb is a very unique experience. It is also a time of physical and emotional transformation for the woman. The hormones released by the pituitary gland, placenta and ovaries lead to a variety of physical and emotional changes. These physical changes include an increase in the basal metabolic rate, breathing rate and blood volume. Also, as the body prepares itself to support a new life, additional strain is placed on the abdominal muscles, internal organs, back, legs and the weight-bearing joints. These hormonal fluctuations also cause emotional mood swings that range from joyous exuberance to intense sadness. Symptoms such as nausea, constipation, urinary frequency, gastric reflux, varicose veins, edema, lower back pain and general fatigue are also common during this period.

To ease this transition, many health professionals recommend massage therapy as a complement to prenatal care. Prenatal pregnancy massage is designed to alleviate many of the common physical discomforts of pregnancy and provide emotional support.

How does Prenatal Pregnancy Massage work

Prenatal pregnancy massage aims to alleviate the discomforts experienced during pregnancy through skilled touch and communication. This soft and gentle massage therapy soothes tired, achy muscles and joints. The massage is combined with a series of passive manipulations to increase the range of motion and lubricate the joints internally. The therapist also teaches the patient methods of correcting the postural imbalances that occur as a result of the pregnancy. Prenatal pregnancy massage also helps the patient to identify, isolate and strengthen the muscles that she will use during labor.

Prenatal pregnancy massage is usually started during the second trimester of the pregnancy. Before commencing the massage therapy sessions, the therapist will teach you some gentle exercises to improve your posture and strengthen your muscles. He or she will also teach you techniques of diaphragmatic breathing and relaxation. The actual massage is carried out in a series of gliding strokes with the application of a light, soothing oil.

Benefits of Prenatal Pregnancy Massage

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Prenatal pregnancy massage reduces the discomforts associated with pregnancy and enhances the physiological and emotional well-being of both mother and fetus. It alleviates many of the conditions associated with pregnancy such as sciatica, back and neck pain, and stomach disorders. Prenatal pregnancy massage also promotes better functioning of muscles and joints, improves circulation and overall body tone. It also decreases mental and physical fatigue. Studies have shown that pregnant women who receive regular prenatal massages are more at ease than those who don't.

Precautions for Prenatal Pregnancy Massage

Prenatal pregnancy massage therapy is not meant to be a substitute for thorough prenatal care. Before starting a course of prenatal pregnancy massage therapy, do consult your obstetrician. You must also ensure that your massage therapist is properly certified to carry out prenatal pregnancy massage. The

massage should be stopped if you experience symptoms such as an increase in abdominal pain, vomiting, fever, heavy discharge of blood or water or high blood pressure.

Sharon Hopkins, Webmaster for

<http://www.messagehealththerapy.com>

, your online guide to

Massages introduces you to Prenatal Pregnancy Massage for pregnant mothers. She also writes on Yoga, Hair-n-Skin Care, Aromatherapy and other health topics.



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