

HEALING FOR THE POSTPARTUM YEAR

Please join us for a two-hour workshop to nurture, strengthen, and get reacquainted with your new postpartum body. With a strong, grounded body and a calm, focused mind; you can better meet the demands of motherhood.

In this workshop, we will:

Use postures to strengthen, realign, and rebalance the postpartum body.

Visualize and meditate to complete the birth cycle and ground into the body.

Learn movements to support the healing of the core and pelvic floor.

Understand and modify for diastasis recti and other postpartum concerns.

Address 'mama posture' and learn poses to rebalance.

Learn home practices to further your healing.

Accessible to all levels, no yoga experience required.



SATURDAY

5-16-20

1-3PM

\$55

(or 3 yoga credits)

Rest is the most important posture in the first few weeks after delivery. Please allow 6 weeks after vaginal delivery and 12 weeks after cesarean. (Please bring approval from your caregiver.)

To create the optimum space for focused self care, this workshop is for mamas only. Please check out the weekly mom and baby yoga classes to flow with your little ones.



Lori Petropoulos, CMT, RPYT – As both a massage therapist and yoga teacher, Lori's mission is to facilitate joyful healing and the awakening of both inner peace and inner strength. Lori is known for her grounded and energetic classes that invite you to explore your edge mindfully and cultivate a meaningful dialogue with the breath and the body. She hopes to invoke in all of her students a sense of compassion, curiosity, and creativity. In her massage sessions, she creates a sacred space so that you may move towards healing and wholeness, find peace, and reconnect with your own self. Two lively little ones call her mama; she is deeply passionate about supporting women through the journey of pregnancy and early motherhood.