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# Prenatal Yoga

It does the body good - x2

By Trish Stratus, Stratusphere Yoga Studio Proprietor

*Trish Stratus is a long-time yoga practitioner and studio proprietor in Vaughan, Ontario where she runs several different styles of yoga and pilates classes. One of her most popular and fastest growing classes is her prenatal classes. Offered regularly on her schedule, this weekly class offers moms-to-be a way to maintain their fitness during pregnancy, which plays a significant role in having a safe and comfortable birthing process. The class also provides the support and company of other pregnant women as well as the expertise of Team Stratusphere member and instructor Lisa. Whether you are new to yoga or already an experienced practitioner, Trish Stratus shares her thoughts on prenatal yoga and why doing it is wonderful for both mother and her baby.*

**Y**ou may begin practicing prenatal yoga as early in your pregnancy as you like. If you are experiencing morning sickness, you may want to wait until the second trimester to begin your prenatal yoga practice. If you are an experienced yogi you may continue in your regular classes (as long as you inform your teacher and he/she approves), but you may find as you get closer to the second trimester your class may become too strenuous and at this point the best thing is to listen to cues from your body. Continued practice will allow you to

become more in tune with your body as well as allow you to connect with your growing baby.

The series below is a prenatal adaptation of the Sun Salutation. These poses along with the poses you can expect in a prenatal class have been designed to help ease pregnancy, delivery as well as the after effects of birth. Your class will allow you to prepare your body for your upcoming journey physically, mentally as well as spiritually.

Please consult with your prenatal healthcare provider before starting this or any exercise

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regime. Your prenatal yoga teacher along with your fellow students and moms-to-be can also act as a source of support and information during this special time in your life,

## PRENATAL SUN SALUTATION

- Stand at Attention. Stand with feet together, shoulders relaxed, arms at your sides, look forward.

- **Hands Above Head:**

INHALE. Raise your hands above your head, hands in prayer position, look at your thumbs.

- **Prayer Squat (camper's pose):**

EXHALE. Keeping your hands in prayer position, bend your knees as you come to a squat position, keeping feet wide and parallel and place your forearms on knees (if and when you have a belly - it will come between your legs)

- **Lunge:**

INHALE. Place palms to the ground inside the feet and step right leg back into a lunge

position and place your left knee on the ground.

- **Table Pose:**

EXHALE. Bend your right knee, coming into a hands and knee position on the floor. Keep your head straight, keeping your spine in a neutral position right down to your tailbone. This position helps encourage the baby to be in optimal position for delivery.

- **Cow Pose:**

INHALE. Curl your toes under and gently arch your back starting at your tailbone along your vertebrae, finally tilt your head up and gaze at the ceiling.

- **Cat Pose:**

EXHALE. Place the tops of your feet flat on the ground, round your spine and tuck your head down, gazing towards your naval.

- **Table Pose:**

INHALE. As you inhale come back to table pose, spine neutral.

- **Downward Dog:**

EXHALE. Spread your fingers and evenly place your weight on your spreads to take pressure off your wrists. Roll over your toes, push hips up, and straighten your arms. Press your heels toward the floor. You may step apart your legs to accommodate your belly and bend your knees to make the pose comfortable. Gaze towards your navel. Relax your neck. Take 5 breaths.

NOTE: since downward dog is considered a mild inversion, this movement should be omitted in the third trimester, instead come to hands and knees (table pose)



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- **Cow Pose:**  
INHALE. Come down to all fours, arch your back while gazing upwards as in step #4
- **Cat Pose:**  
EXHALE. Tilt your head downwards, gazing towards your naval and arch your spine as in step #5
- **Lunge:**  
INHALE. Bring your right foot towards the outside of the right hand, coming into a lunge.
- **Camper's Pose:**  
EXHALE. Bring your left foot to the outside of your left hand, keeping your feet wide and parallel, place your hands in prayer position with your forearms against your knees.
- **Hands Above Head:**  
INHALE. Place your hands on your thighs to support the lower back and push up into

standing position. Place hands into prayer position and lift towards the ceiling, looking at your thumbs.

- **Tadasana:**  
EXHALE. Bring your hands to your chest.  
*Repeat with the left side.*

Lisa teaches prenatal classes at Stratusphere weekly:

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