

DEEP ROOTS

YOGA AND THERAPEUTICS

Prenatal and Postnatal Yoga Classes with Leslie Pullen RYT

Prenatal Yoga: Monday, 7-8 pm at [The Sarnia Riding Club](#), 980 Riding Club Lane

6 week Winter Session: Feb 23rd - March 30th

6 week Spring Session #1: April 13th - May 25th

6 week Spring Session #2: June 1st - July 6th

6 week Spring Session-To Be Announced. Contact lpullen@gmail.com if you have any questions.

Cost of session at either location: \$60 for 6 sessions or \$12 per class (drop-in)

This restorative and relaxing class encourages connection with the breath in preparation for labour and guides participants through stretches and postures that gently open the jaw, abdominal area, hips, pelvis and lower back to cultivate the best labour strategies possible. Participants are trained on ways the body and mind can respond to pain through relaxation techniques. Each week Leslie approaches the class with a different theme to ensure a wide variety of strategies are covered. Offered for mothers-to-be ranging from 12 weeks to 39 weeks. Please bring your own mat and a thick blanket that folds easily (e.g. beach blanket). No Yoga experience necessary. NOTE: Overflow of participants is often accommodated by creating a second class on Thursdays from 7-8pm.

A Helping Hand: Birth Partner Workshop: Wednesday, 7:00-8:00 pm at [The Sarnia Riding Club](#), 980 Riding Club Lane

3 week Spring Session: March 25th - April 8th

3 week Summer Session - To Be Announced. Contact lpullen@gmail.com if you have any questions.

Cost: \$65 for 3 sessions (cost covers both participants)

A Helping Hand: Birth Partner Workshop is created for husbands, partners, sisters, moms and best-friends who will be part of the labour experience. The purpose of Partner Prenatal Yoga is to create a supportive network of people who, in the heat of the moment, will be able to respond to your physical and emotional needs, as well as keep you focused and calm. This class goes over breath work, massage, touch, movements and supportive positioning that will enable your 'birth partner' to feel helpful and purposeful throughout the labour. Please bring two pillows. No Yoga experience necessary. This workshop usually runs about 3 - 4 times a year.

Mommy & Baby Yoga: Tuesday, 3-4 pm at [The Sarnia Riding Club](#), 980 Riding Club Lane

6 week Winter Session: Feb 17th - March 24th

6 week Spring Session #1: March 31st - May 5th

6 week Spring Session #2 - May 12th - June 16th

6 week Summer Session- To Be Announced. Contact lpullen@gmail.com if you have any questions.

Cost: \$60 for 6 sessions or \$12 per class (drop-in)

Mommy & Baby Yoga: Thursday, 3-4 pm at [The Sarnia Riding Club](#), 980 Riding Club Lane

6 week Winter Session: Feb 19th - March 26th

6 week Spring Session #1: April 2nd - May 7th

6 week Summer Session - To be announced. Contact lpullen@gmail.com if you have any questions.

Cost: \$60 for 6 sessions or \$12 per class (drop-in)

Join Registered Yoga Teacher and mother Leslie Pullen in Mommy & Baby Yoga to restore and rebuild your body (without a babysitter). This energizing and fun class allows you to: increase your over-all strength and endurance, improve your posture and sense of well-being, and reduce tension.....all while being close to your baby. Rhythm, song, touch, tickles and playful mommy & baby poses are also incorporated into your yoga practice to create connections, trust and a sense of playness with your child. For babies approximately 7 weeks-8 months old. Please bring a mat for yourself and a blanket and soft pillow for your baby.

Yoga Tots: COMING SOON

For toddlers ages 2 - 4, this class develops awareness, focus, trust, and fine-motor and gross motor skills through the practice of yoga. Kid-friendly yoga postures, songs, rhythms, props and playful interactive games are incorporated into the practice to make yoga for young toddlers relevant, fun and exploratory. Yoga for toddlers has many benefits, some being: increased listening skills, better sleep, fewer tantrums and better self-expression. NOTE: Toddlers need

one parent to accompany them in the class and partake in activities. Classes run for 45 min. [Contact lpullen@gmail.com](mailto:lpullen@gmail.com) if you have any questions.

Q & A:

What is a Pre-Natal Yoga class like?

The practice of pre-natal yoga is designed to promote health and well-being for both the mother and growing baby. It aids mothers-to-be by providing useful tools and strategies to help manage the hurdles they may encounter during the birthing process. As your body transforms during your pregnancy, the class helps you meet the challenges you will face as your body changes. Pre-natal yoga uses gentle, safe stretches to increase your sense of openness through the hips, abdomen and chest; breathing exercises to increase your sense of calmness and focus; relaxation techniques to release deeply held tension and stress; and a variety of movements and postures to mentally and physically prepare you for the birth of your child. Amid the busy and hectic lifestyles we lead, pre-natal yoga is a wonderful way to take time for yourself and your growing baby.

What is a Mommy & Baby Yoga class like?

The focus of the class is on movements and breathing tailored for new moms. The babies benefit from having time to bond with their mom and the new environment of meeting lots of baby friends! Special attention is placed on reestablishing core strength, strengthening the lower back and pelvic floor, and stretching areas such as the neck, shoulders and back to relieve tension and tightness, along with improving posture and alignment.

What in the world do I do with my baby during a Mommy & Baby Yoga class?

During the class, which is structured informally (so there is no expectation that your baby has to 'behave'), you have many options. You can involve your baby in the movements by holding him or her, or you can have your baby on a soft blanket, lying on its back, near to you on your mat. It is completely normal for a baby to sleep during the class, want to be breastfed or bottle fed, or even happily smile because they get to be close to you and the other babies in the class. If your baby is fussing and crying, that is also totally normal....just remember, all babies are welcomed. The most important aspect of practicing yoga is to truly accept babies just as they are and to cultivate awareness, understanding and patience instead of worry, tension and stress.

What is a A Helping Hand: Birth Partner Workshop like?

The focus of the class is on building connections, teamwork and communication with loved ones, in preparation for the moment of labour. Breath work, restorative postures, supportive positions, massage, touch and other methods of stress release are practiced. The workshop is very hands-on, moving from pose to pose so the birth partner can feel confident using various labour techniques. At the end of each class discussions are very open so questions can be answered and information freely shared.

Leslie Pullen was born and raised in B.C., where her love and practice of Yoga began. Leslie is a Registered Yoga Teacher, Yoga Alliance Member, and instructor of courses through [Mandorla Yoga Institute](#) based in Calgary. She also holds a B.A. Hons from Queen's University, a BEd from U.W.O. and a Post-Baccalaureate Degree from The School of the Art Institute of Chicago. Her Registered Yoga Teacher Certificate includes specialized training in the areas of prenatal and postnatal yoga through [Mandorla Yoga Institute](#). Leslie also holds a certificate in Yoga Therapy, giving her the capability to work as a Yoga Therapist and has travelled to Brooklyn, N.Y. to receive extensive training in Pilates with Ellie Herman, one of the leading experts in the field. She is currently pursuing her E-500 RYT certificate. Leslie provides a variety of services through through her business [Deep Roots Yoga and Therapeutics](#), that being: vinyasa yoga group classes, prenatal and postnatal yoga group classes, yoga therapy, workplace yoga and much more. Please contact lpullen@gmail.com if you have any questions, desire to book a session, or join a class.