



Prenatal Yoga

Yoga benefits women in mind, body and spirit.

In prenatal yoga, the poses are specifically designed to alleviate common pregnancy discomforts such as back pain, nausea and fatigue while strengthening the body and increasing the flow of circulation.

The spiritual practice of turning inward in yoga helps pregnant women strengthen their relationship to themselves. There is growing clinical evidence that practicing yoga can help improve mood symptoms common to pregnancy. The practice of prenatal yoga has also been proven to help prepare the body for childbirth, and to help prepare the mind to cope with the unexpected should it arise.



Thursdays, 12:00-1:00pm | \$15 per class

1855 4th St., 3rd Fl., A3473 (Mission Bay), San Francisco

Melissa Whippo, Licensed Clinical Social Worker and Certified Yoga Instructor, has been working with women and children at UCSF for nearly a decade. She has been teaching yoga and meditation since 2000. She has studied Jivamukti, Ashtanga and Laughing Lotus style yoga, Vipassana (or Mindfulness) Meditation and has an undergraduate degree in Dance. Her best and most regular teachers, however, are her 3 children.

To sign up or for information, contact us at (415) 353-2667, (415) 514-2670 or visit whrc.ucsf.edu/