

Karma Yoga

Prenatal Yoga Launches for Mother's Day

Karma Yoga offers metro Detroit's first ongoing classes for expectant moms, starting May 15th.

FOR IMMEDIATE RELEASE
CONTACT: Lynne Golodner

April 9, 2012
248:376:0406, lynne@yourppl.com

BLOOMFIELD HILLS, Mich. – As the first step on the road to adding family yoga, Karma Yoga is adding a prenatal yoga class to its regular offerings, effective Mother's Day week, with the first class available May 15th.

"How powerful to have an impact on this quiet but crucial time of a new life," says Katherine Austin, founder and owner of Karma Yoga and a mother of three grown sons.

According to author Annie Murphy Paul, the nine months of gestation constitute the most consequential period of life. It's the time when we can highly influence the wiring of the brain and the functioning of organs such as the heart, liver and pancreas, she wrote in *How the first nine months (in your mother's womb) shapes the rest of your life*. "The conditions we encounter in utero shape everything about us – from potential diseases, anxiety levels, even intelligence," she says.

Prenatal classes will be offered at Karma on Tuesday, Thursday and Saturday as part of the regular schedule with more to be added. Later this summer, Karma will add a Mommy & Me class, with offerings for expectant dads and Ayurvedic approaches to pregnancy and parenthood down the road.

This is the first time in Southeastern Michigan that women can find regular yoga classes that support conscious birthing and parenting. Expectant mothers find that the physical and spiritual benefits of yoga not only ease the process of gestation but profoundly prepare them for an easier labor and birthing process, creating a calmer start to life for their babies and their maternal roles.

Austin is the first Michigan graduate of the prenatal yoga technique The Khalsa Way®, which will guide Karma's prenatal classes. The studio will also offer a Mindful Mamas™ class, taught by Nicole Hall-Gendjar, and a DigiYoga prenatal class taught by Lori Cohn.

The most powerful tool in yoga, the breath, can influence and guide stress levels and help people reach healthier outcomes more than any other tool or technique. Karma's prenatal classes will include techniques such as partner yoga and meditations to teach proven ways to eliminate stress and silence the noise of the world to create the space to focus on the inner self, the people in our lives and one's pregnancy.

Moms-to-be will find calm, radiance and a healing joy in these new classes, influencing the way in which baby will enter the world.

Founded by Katherine Austin, E-RYT, in 2003, Karma Yoga is a yoga studio in Southeastern Michigan that prides itself on offering integrity, authenticity and high-quality yoga instruction. Classes are open to all ages, from prenatal to seniors, guided safely by Karma's trained staff of teachers, who collectively bring more than 200 years of experience, study and living by yoga principles.

Offering a broad range of classes, special programs and merchandise, the Bloomfield Hills, Mich., studio offers some of the most progressive programs in the state, including Michigan's first Khalsa

Way® prenatal yoga class, as well as adult yoga, family yoga, yoga therapy, meditation, workshops, retreats and yoga teacher training.

For more information, visit <http://www.karma-yoga.net>, or contact Karma Yoga at info@karma-yoga.net or 248-723-9168.



Media inquiries:
Your People LLC
248:376:0406
lynne@yourppl.com