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## Expectant Moms' Yoga in West Bloomfield



As the first step to adding "family yoga," West Bloomfield's Karma Yoga is adding a prenatal yoga class, beginning Mother's Day week, with the first class available May 15th. The ongoing classes will be offered Tuesday, Thursday and Saturday as part of their regular schedule, with more to be added.

"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," says Katherine Austin, founder and owner of Karma Yoga and a mother of three grown sons. "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. 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."

Austin is the first Michigan graduate of the prenatal yoga technique The Khalsa Way®i, 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 Cahn.

Karma Yoga offers a broad range of classes, special programs and merchandise, and prides itself on integrity, authenticity and high-quality yoga instruction. Classes are open to all ages, from prenatal to seniors, and are guided safely by Karma's trained staff of teachers.

Karma Yoga is located at 2653 W. Maple in Bloomfield Hills. For more information, visit [karma-yoga.net](http://karma-yoga.net), or call 248-723-9165.

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