



California Pacific  
Medical Center

A Sutter Health Affiliate  
With You. For Life.

# Newborn Connections

Your Resource for Pregnancy, Breastfeeding and Parenting

Beyond Medicine.

## Prenatal Yoga Consent Form

### Participant Section

I request enrollment in the Prenatal Yoga class sponsored by Newborn Connections. I certify that I have informed my treating physician of my intent to participate in this class.

I understand that I will not be allowed to enroll or to continue in this class without written acknowledgement of my treating physician.

I agree to keep my physician informed of the effects of this class on my body and I also understand that there is no requirement to perform all the class exercises and that I can withdraw from this class at any time.

During class, I agree to limit my activity to that level which is comfortable for me and to stop all activity if I feel uncomfortable. I will notify the class instructor and my physician if the class activity causes any discomfort. I understand that all forms of exercise involve some risk of injury.

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Telephone

### Treating Physician Section

I acknowledge that my patient is participating in Prenatal Yoga.

\_\_\_\_\_  
Signature of Treating Physician

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Office Telephone

**Note: This completed form must accompany your registration.**

## **Class Description**

Prenatal yoga is both energizing and gentle. Classes are designed to help women connect with their developing baby, to increase comfort and fluidity in their rapidly changing body, and to alleviate common discomforts of pregnancy such as back pain, sciatica, swelling, anxiety and fatigue. Each 90-minute class includes meditation, visualization, breath practice, yoga poses to safely stretch and strengthen the whole body in preparation for labor and birth, deep relaxation, and discussion. Prenatal yoga classes complement birth education courses in assisting women in preparing for and meeting the physical and emotional demands of childbirth and motherhood. Each class is tailored to offer personalized guidance and meet the unique needs of participants and is appropriate for all skill levels. The class is open to women who are referred by their doctors at any time during their pregnancy.

Classes follow the guidelines of the American College of Obstetricians and Gynecologists.

**Instructor:** Kari Marble, MA, RYT, CMT

Kari Marble is a certified yoga teacher and massage therapist specializing in the childbearing year. Kari incorporates her extensive and ongoing study of how the body moves, feels, learns and heals, with her love for celebrating the body's innate intelligence. Kari's vision through yoga is to support pregnant women in their physical, emotional and spiritual journey into motherhood. A mother of two, Kari deeply appreciates the tremendous contribution that yoga can make to a healthy, enjoyable pregnancy and conscious and positive birth experience.

## **Benefits of Prenatal Yoga**

- increases knowledge of importance of exercise during and after pregnancy
- exercise assists with fetal development
- stretches and tones muscles used during labor and birth
- teaches techniques for deep breathing and relaxation
- cultivates greater ability to quiet the mind and focus inward
- decreases risk of urinary incontinence due to pelvic floor dysfunction and weakness
- increases understanding of how to minimize pregnancy-related musculoskeletal pain
- increases understanding of how posture is affected by pregnancy
- establishes support system for expectant mothers
- increases rate of postpartum recovery

## **Program Details**

Classes are offered once a week on:

Date: Mondays 6:00 to 7:30 pm. (subject to change)

Location: 3700 California Street

Basement Level of 3700 California St., Bothin Auditorium