

Parents' Place, Pre-/Postnatal Yoga Physician's Clearance

Pacific Grove Adult Education, 1025 Lighthouse Ave., Pacific Grove, Ca. 93950
Pacific Grove Unified School District

Parent's Name: _____

Parent's Address: _____

City: _____ State: _____ Zip: _____

I consent to the above-named patient's participation in the Pacific Grove Adult Education, Parents' Place Pre-/Postnatal Yoga program. Prenatal Yoga is designed for the special needs of the pregnant woman. Poses stretch, strengthen, and open to provide for a more comfortable pregnancy and prepare for labor and delivery. Classes are composed of body, mind, and spirit to support the demands of the childbearing year.

Without poses on the belly and few poses on the back, Prenatal Yoga allows mothers to gain more comfort with less nerve impingement in the groin and less swelling in joints because of the gentle stretching. Prenatal Yoga poses open and stretch the pelvis to make for more comfortable childbearing.

Postnatal Yoga is designed for moms with their pre-crawling infants. Mothers can come with their newborns, 4 weeks after delivery or after bleeding. Postnatal Yoga is careful of the postnatal body, working to tone the abdomen slowly and gently. Also, it strengthens the body, helps regain energy, and calms the mind.

Physician's Signature: _____ Date: _____

Physician's Name (PLEASE PRINT)

This completed form can be faxed to Parents' Place at 831-641-9346.