

Growing Families



Your birth plan is an important tool in facilitating discussion with your care provider on how you can work together toward a positive birth experience, as well as helping your entire birth team provide personalized care during this special day. Offering one-on-one appointments for birth planning and private yoga session, as well as workshops including:

- Prenatal Yoga
- Baby & Me Yoga
- Your Birth: Beyond the Basics
- Comfort Measures for Birth
- Milk Parties!
- Prenatal Breastfeeding Class
- Postpartum Support Group
- Mommy & Me Fit

Testimonial Corner:

“My son and I attended the Mommy and Me class with Allie in February. We both enjoyed moving our bodies and connecting with each other during the class. Allie was fun and engaging with my son, which allowed him to open up and have fun. The exercises were simple but effective. I can’t wait for next month!”

Why is Prenatal Yoga Specifically Recommended to Pregnant Women?

Lacy Knipper, Certified Birth Educator and Prenatal Yoga Instructor

There are many benefits to staying active in pregnancy and because prenatal yoga is specifically designed to be both safe and beneficial for the pregnant body, it is a great activity for pregnant women. In fact, a 2015 review published in the American Journal of Perinatology found that compared to other forms of exercise, women experienced the most benefits from prenatal yoga. Benefits including reduced occurrence of pregnancy complications and low birth weight, less pain and stress, and improved relationships. Women who practiced prenatal yoga also experienced lower rates of gestational diabetes, pre-eclampsia, and intrauterine growth restriction.

Additionally, prenatal yoga has been shown to support better birth outcomes. A 2018 study in the Journal of Alternative and Complementary Medicine found that the need for induction of labor, pain medication, and cesarean surgery was lower in women who practiced prenatal yoga. Women who practiced prenatal yoga had significantly more normal vaginal births and shorter, more comfortable labors, as well as greater comfort postpartum.

Physically, prenatal yoga classes are excellent for strengthening and lengthening the back and supporting muscles that are needed to meet the demands of a woman’s growing belly and changing center of gravity. Movements also work to create more space for easier breathing and optimal baby positioning.

Prenatal yoga provides mental and emotional benefits, giving women a dedicated time each week to focus on themselves and on connecting with their babies. Classes are empowering – building women’s confidence in their bodies’ amazing ability to grow and birth their babies. A 2015 meta-analysis published in BMC Psychiatry also found that women in prenatal yoga classes experienced significantly lower levels of depression, particularly women participating in integrated prenatal yoga classes like ours at Statera that, in addition to physical exercise, also include breathing and deep relaxation.

Women taking my prenatal yoga classes have said that their practice helps them sleep, helps them breathe more easily, aids in digestion, gives them experience with positions and breathing that can be used in labor — and that it just feels good! I have also been able to address specific discomforts women are experiencing through targeted yoga poses.



2025 Support Opportunities

Prenatal Breastfeeding Class

This hands-on, interactive class will give you the knowledge you need to feel ready to meet your baby and start the breastfeeding journey. Moms are encouraged to have a support person come along for the class. *New* for 2025, the same class with two scheduling options!

Single Session, Saturday, April 26, 9:00 AM - 12:30 PM

Two Sessions, Mondays from 6:30 PM - 8:30 PM

April 7 & 14, June 2 & 9, August 4 & 11, September 28 & October 6, December 1 & 8

\$100

Mommy & Me Fit

This interactive class blends playtime with fitness, incorporating fun partner exercises, bodyweight strength moves, and energetic cardio designed to engage both you and your child. *Designed for kids 5 and under*

March 1, April 19, May 17, June 21, July 19, August 2,

September 20, October 18, November 15, & December 20
9:00 AM - 9:50 AM, \$20

Prenatal Yoga, 5-week Series

Release tension and deepen your connection with your body and your baby by learning ways to move your body in ways that can prevent or ease common discomforts of pregnancy.

March 31-April 28, May 12-June 16, June 30-July 28,

August 18-September 22, October 6-November 3, &

November 17-December 15

5:30 PM - 6:20 PM, \$80

Milk Parties!

This support group is for moms and breastfeeding babies of all ages, as well as pumping moms and pregnant women. Come share your victories about breastfeeding and receive help for your challenges.

March 10 & 25, April 14 & 28, May 12, June 9 & 23,

July 14 & 28, August 11 & 25, September 8 & 22,

October 13 & 27, November 10 & 24, December 8 & 22

9:30 AM - 10:30 AM, FREE

Your Birth: Beyond the Basics

Discover how to work with your body, not against it, for a more comfortable, efficient birth. Partners will learn what to expect during the labor process, and how to provide effective support during each stage.

May 5-May 19, July 14-July 28, October 13-October 27

6:30 PM - 8:30 PM, \$150 (support person attends free)

Postpartum Support Group

Join our support group to meet other parents, ask questions, and discuss concerns about baby care, feeding, hormones, sleep and much more.

April 7, June 2, August 4, October 6, & December 1

5:15 PM - 6:15 PM, FREE

Comfort Measure

Build confidence for labor as you and your support person practice hands-on techniques and labor positions with guidance, feedback, and tips from a certified doula.

March 17, June 16, August 18, & November 17

7:00 PM - 8:00 PM, \$50 (support person attends free)

Baby & Me Yoga

Learn exercises you can do with your little one for better sleep and digestion, less fussiness, and greater body awareness.

Saturday, March 8

9:15 AM - 10:05 AM, \$20



this coupon is valid for



ONE FREE CLASS



Choose from Yin Yoga, jo-yo, or
Breath, Mindfulness & Meditation.

expires 5/31/2025

PROMO CODE: BREATHE

FREE

ESSENTIAL OIL SAFETY



Read labels. Pay attention to any warnings on essential oil packaging.



Areas to avoid. Avoid putting oils into the nose, inner ears, eyes, broken skin, or other sensitive areas.



Dilution. To minimize skin sensitivity, dilute oils using a carrier oil. The suggested dilution ratio is one drop of essential oil to five drops of carrier oil.



Strong oils. Essential oils with a strong chemistry should always be diluted before topical application. This includes oils like Cassia, Cinnamon Bark, Clove, Oregano, Thyme, and others.



Sun sensitivity. Some essential oils may pose a risk for sun sensitivity (particularly citrus oils). Avoid direct sunlight or UV rays for at least 12 hours after using these oils on the skin.



Safe storage. Make sure to store essential oils out of reach of children. Keep oils away from excessive light or heat.



Supervise young children. Always supervise essential oil application with your children. Always dilute oils before applying them to a child's skin.

Is your family struggling with constant illness this cold and flu season? Try these essential oil blends for the whole family!

Did you know that essential oils are fat soluble and they are readily absorbed and enter to bloodstream when they are applied directly to the skin? Try these essential oil blends to boost the immune system and help fight illness!

Air Purifying for Diffusing:

1-2 drops of Lemongrass
5 drops of Tea Tree
4 drops of Clove Bud

Congestion Relief for Topical:

3 drops of Lemon
3 drops of Lavender
1 drop of Peppermint

Disinfectant Spray:

1.5 cup rubbing alcohol
3/4 cup distilled water
15 drops Lemon
15 drops Tea Tree

At Statera we offer traditional medicine, holistic healing, fitness, and nutrition to support your health and wellness mind, body and spirit. Our multidisciplinary team of professionals work together to provide individualized care for your unique needs and goals.

Not sure where to start?

Schedule a free 20-minute consultation!

