

## The Everyday Miracles Story



Everyday Miracles is a charitable, non-profit organization dedicated to reducing health disparities in our communities. It was founded in 2003 with the mission to strengthen families through the parenting experience, by supporting and empowering mothers during pregnancy. As of January 2009 Everyday Miracles has provided perinatal education and doula services to over 1000 families. We provide pregnancy and labor support as well as prenatal education in a supportive, non-judgmental community for at-risk pregnant women who desire our services, regardless of age or culture. Our primary objectives are to improve birth outcomes, parent infant attachment and breastfeeding skills.

Our doulas are very passionate about working with women and families during the childbearing year and it shows in their dedication to every woman they work with.



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## Everyday Miracles

Pregnancy Center



## Yoga Offerings

Yoga & Prenatal Yoga with Lana

Supporting birth, one miracle at a time.

## About Our Yoga Instructor

Lana Anderson-Kuchynski

Lana is trained as a Whole Birth Yoga Instructor. She has taught yoga since 2003. She is also trained in Ashtanga and Hatha Yoga from the Yoga Institute.



Yoga has been a lifelong passion for Lana and she believes that yoga can bring balance to life - physically, emotionally and spiritually. The classes are created in an environment of peace and tranquility, but also where you can find your own peace and tranquility within.

### Getting Started

Start by trying out a class. Our classes will challenge you, but not push you. Wear comfortable clothing that allows you to move. Bring a yoga mat for cushioning and to keep from slipping. Just remember one thing: "No pain, no gain" is NOT the yoga way. If it hurts, stop. Patience and feeling good about yourself and your world is the way of the yogi.

## Prenatal Yoga at Everyday Miracles

Prenatal Yoga is about honoring changes in ourselves and our body as we connect to baby throughout these nine months. Pregnancy is a transitional time for women, when many physical & emotional changes take place. Prenatal Yoga Postures help strengthen the pelvic floor muscles, keep the body flexible, and alleviate many common discomforts of pregnancy, while finding focus through balance and the breath to connect mother and baby. It also prepares the mother for a healthy, mindful, more natural approach to the challenges of labor and birth. Sharing information and knowledge with meditation/relaxation for a peaceful, calm state of mind is also the focus of these classes.



## Yoga at Everyday Miracles

Anyone can do yoga-no matter how young or old you are, whether you're a couch potato or a professional athlete. Size and fitness level do not matter because there are modifications for every yoga pose. The idea is to explore your limits, not strive for some pretzel-like perfection.

## Schedule and Cost

<b>Prenatal Yoga</b>	<b>Tuesdays</b>
	6:00pm—7:00pm
<b>Yoga</b>	<b>Tuesdays</b>
	7:00pm—8:00pm

### Everyday Miracles Program Participants

8 week session	included
Drop in session	included

### General Public

8 week session	\$90.00
Drop in session	\$15.00



*By embracing your mother wound as your yoga, you transform what has been a hindrance in your life into a teacher of the heart.*

~Phillip Moffitt