

## Yoga Goddess



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Meanwhile I'm almost 8 months pregnant. But I still do want to stay fit. Luckily my condition is at a good level because I went to the gym twice every week for my work-out. Just like when I wasn't pregnant. But now the last month of my pregnancy is approaching I find that I have more need of relaxation exercises. What are the options for that if you are heavily pregnant? I went on a quest and my first stop was prenatal yoga.

### **Why**

Even more than physically preparing, yoga can help me prepare mentally for the birth of the baby.

### **How**

By teaching to listen to my body and be in the moment without anticipation. The best way to do this is by focussing on the breath: long inhales through the nose and exhales through the mouth.

### **Where**

You can take prenatal yoga lessons at a yoga school. Especially when you're a new yogi, that's a smart thing to do. I had some practice before, so I did and do my yoga at home.

### **What to wear**

The most important thing of choosing the right yoga wear is that you can just forget about it during yoga practice. Personally I like the clothing of Urban Goddess (<http://www.urban-goddess.com/>) a lot. Urban Goddess is an ethical yoga label with an edge. Or how they put it: *"We are the rock chick of yoga wear, for all Urban Goddesses like you out there."* Their tops and bottoms are really comfortable. Big plus is that the trousers have a fold over belt that gives you maximum freedom of movement (very suitable too for pregnant women like me). Finished your yoga exercises? Than you can wrap yourself in one of their comfy yoga wrap tops (<http://www.urban-goddess.com/product-categorie/yoga-wrap-top/>).



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### About Stijlmeisje



**Imke Walenberg**

Imke Walenberg (32) is an all-round content entrepreneur, creating, developing and performing online concepts in the field of art, travel & lifestyle. Always looking for interesting collaborations between creative people and brands. She is also editor-in-chief of Dutch lifestyle website Daily Cappuccino, an experienced speaker in the field of online presence and