

YOGAMAMAS

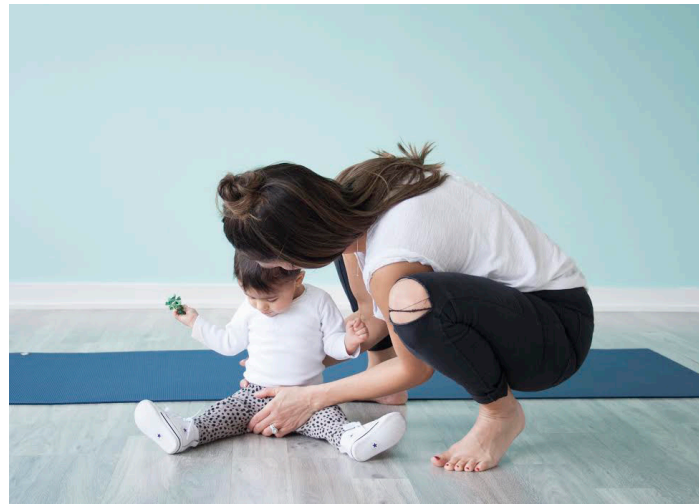


YOGA MAMAS TORONTO

Toronto Yoga Mamas is one of the leaders in pre and postnatal health and wellness in Toronto. Yoga Mamas offers pre and postnatal yoga, barre and pilates classes, as well as wellness services such as Counselling, Holistic Nutrition, Naturopathic Doctor, Acupuncture, Chiropractic Care, Pelvic Floor Physiotherapy and Registered Massage Therapy. With just over 6 years as a company, Toronto Yoga Mamas' has become a trusted household name that women know they can expect quality and consideration with everything they do.

MOVEMENT

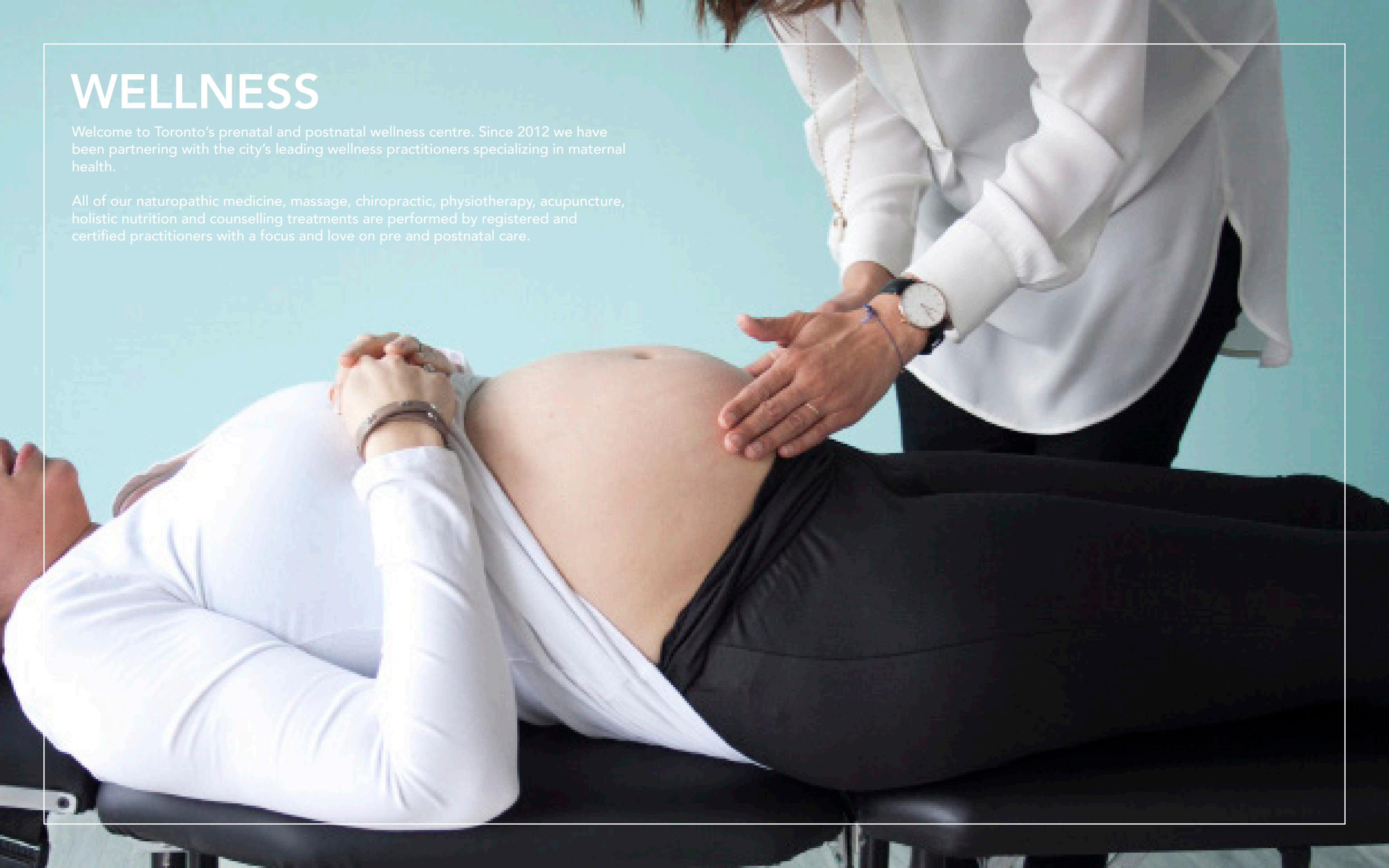
Yoga Mamas offers over 35 hours a week of specialty yoga, barre and pilates classes for Mamas and Mamas-to-be to connect with one another, bond with baby or take some time to themselves. Our list of classes includes Barre, Barre Babies, Yoga Babies, Crawlers Yoga, Pilates, Pilates Babies, Flow Yoga and Prenatal Yoga making Toronto Yoga Mamas the leader in pre and postnatal health.



WELLNESS

Welcome to Toronto's prenatal and postnatal wellness centre. Since 2012 we have been partnering with the city's leading wellness practitioners specializing in maternal health.

All of our naturopathic medicine, massage, chiropractic, physiotherapy, acupuncture, holistic nutrition and counselling treatments are performed by registered and certified practitioners with a focus and love on pre and postnatal care.



WELLNESS SERVICES

AT YOGA MAMAS



PELVIC FLOOR PHYSIOTHERAPY

Pelvic floor physiotherapy is a specialized area of physiotherapy that deals with treating muscles of the pelvic floor. This involves assessment/treatment of the muscles with internal vaginal and/or rectal palpation. A specially trained pelvic floor physiotherapist can work with you to prepare the pelvic floor for labour and delivery and also to rehabilitate these muscles following birth.



ACUPUNCTURE

Prenatal Acupuncture is a safe and gentle way to successfully treat many common problems that may arise during pregnancy such as morning sickness, fatigue, aches and pains, and emotional imbalance.

Labour Prep ideally starts at 36 weeks. The pre-labour and induction acupuncture treatments focus on softening the cervix and preparing the pelvis for labour and delivery.

Postnatal Acupuncture: As a new mom, it is important to heal and restore your energy as well as treat any new complications such as mastitis, insufficient lactation, pain, and emotional imbalance.



REGISTERED MASSAGE THERAPY

Prenatal Massage: A must have for expecting mamas. Calm the mind, increase energy and relieve discomfort. This relaxing massage enhances comfort by improving circulation, alleviating pressure on the joints, reduce swelling in the legs and relieving lower back pain.

Postnatal Massage: It is just as important to get massage after baby arrives as it is during pregnancy. This relaxing and restorative massage eases muscle aches and fatigue, reduces swelling, relaxes the mind, reduces stress and helps you handle the physical demands of a newborn.

WELLNESS SERVICES AT YOGA MAMAS



CHIROPRACTIC CARE

Prenatal Chiropractic Care: Chiropractic care throughout pregnancy can relieve and even prevent the common discomforts experienced in pregnancy. Specific adjustments (such as the Webster technique) eliminate the causes of stress in the spine and hips.

Postnatal Chiropractic Care: Postnatal chiropractic care gently sets the pelvic bones into balance and ensures proper alignment. Once the mama has healed and is well enough to visit the chiropractor, gentle adjustments can also be made to the pelvic structures and recommendations for exercise and rehabilitation of the core musculature can be addressed to ensure proper healing and restoration.



NATUROPATHIC MEDICINE

Naturopathic Medicine works to make healthy living and feeling well simple, realistic and sustainable. Patients should feel supported and empowered to make simple changes in their lives that support their overall health despite leading busy and active lives. Our focus is in women's health and fertility, whether that means helping women to restore balance in their hormonal systems, improve their fertility, get pregnant, and/or overall feel their best.



HOLISTIC NUTRITION

Holistic Nutrition will help to better understand your health history, lifestyle habits and any foods or specific nutrients that may be out of balance. We review this information, discuss your nutrition goals, address questions or concerns, and most importantly, determine how we can work together as a team to support your success! We'll cover the key nutritional principles based on wherever you are (pre-conception, pregnancy, postpartum or feeding your baby), and discuss a plan for how to begin to make healthy adjustments in your diet and lifestyle.



COUNSELLING

Counselling Our counsellor has experience working closely with women and has an in-depth understanding of women's health issues. She will listen and work with you to address personal and mental health concerns that may be impacting you and your family's lives.



WORKSHOPS + EDUCATION AT YOGA MAMAS

Toronto Yoga Mamas is pleased to be Toronto's hub for both prenatal and postnatal education.

In addition to education courses, we offer a variety of content-rich workshops that provide essential tools and skills for expecting/new parents.

Our workshops are held in Toronto Yoga Mama's bright and sunny studio in Leslieville. Complimentary tea and flavoured water are served. We invite you to join our community and prepare for this exciting new chapter in your lives with us.



EVENTS

We have two beautiful studio spaces that can accommodate intimate or large groups. We rent out our studio spaces for photo-shoots, birthday parties, gender reveals and baby showers as well as in-house specialty events that are put on seasonally.



SOCIAL MEDIA



WEBSITE: [TORONTOYOGAMAMAS.COM](https://torontoyogamamas.com)
13,300 Visits Monthly



INSTAGRAM: [@TORONTOYOGAMAMAS](https://www.instagram.com/torontoyogamamas)
8,400 Followers



FACEBOOK: [/TORONTOYOGAMAMAS](https://www.facebook.com/torontoyogamamas)
3,336 Likes



TWITTER: [@TORONTOYOGAMAMA](https://twitter.com/torontoyogamama)
1,435 Followers



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