

Yoga Mama Newsletter

- Oct 2020



YOGA MAMA

www.yogamama.co.za | info@yogamama.co.za

Infant and Toddler Safety Online Workshop

1

Do you and your family know what to do in an emergency while waiting for medical assistance?

2

Do you want to know the hotspots in your home that are accident prone?

3

Do your caregivers and nannies know what to do when accidents happen? .



PRESENTED BY YOGA MAMA

Dr Nadia Harris

Research has shown that in South Africa 75% of injuries in children occur in the household. As a doctor in primary healthcare I see these daily and so many cases are preventable.

As a mother myself, I am deeply passionate about educating parents on child safety and debunking the myths that have become a norm in society.

FULL ONLINE COURSE FEE R450 FOR THE ENTIRE FAMILY TO JOIN

To book this life saving workshop email us at info@yogamama.co.za or send us a Whatsapp on +27746162922

HELLO & welcome



Beautiful Moms,

Thank you for subscribing to our Yoga Mama Newsletter, some of you may have done so 11 years back and others only recently.

Yoga Mama has been successfully running for a decade and is the No. 1 yoga studio in South Africa that specializes in Prenatal, Postnatal, Fertility and Mom and Baby Yoga.

It has always been run by deeply passionate mothers who want to be the change in the world and have facilitated that change in every client.

With love, Tara

2020 has seen many devastating events but through passion and dedication Yoga Mama is in full swing again with a few new exciting announcements we can't wait to share with you.

A monumental moment was our lovely J'anaki moving on from Yoga Mama and handing over the journey to me for the next decade to come and beyond!

I am eternally grateful to move forward with a community with a purpose to serve and I honour this journey with my heart and soul.

This newsletter will bring you everything from where we started and where we are going.

Excited for what the future holds and ready to welcome you into our loving community.



+27746162922



INFO@YOGAMAMA.CO.ZA

J'anaki Ashira

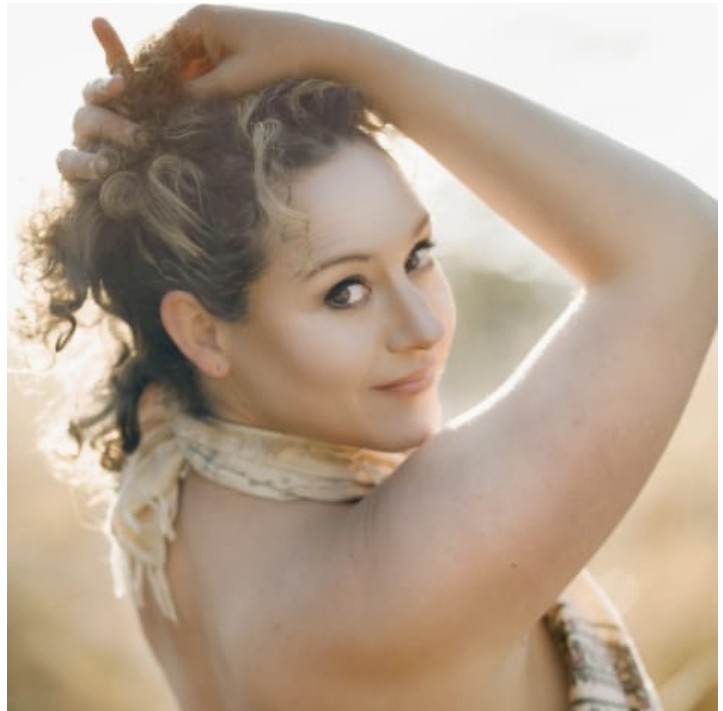
THE MAMA WHO STARTED IT ALL

Since 2010 J'anaki has taught hundreds of expecting moms the art of prenatal, postnatal and fertility yoga. Inspired by her own pregnancy she gave birth to a beautiful little girl and a business called Yoga Mama. After putting in a decade of love into this baby, J'anaki is once again aiming to birth a new vision, expanding into a greater version of herself through her own personal signature brand "J'anaki Ashira".

"The time has now come for me to expand from here, to move on and to focus on my clients life long journey's beyond pregnancy. My journey from here on will allow my clients a personal touch of healing, magic and gentle transformation into your most authentic, soulful and passionate self."

All my love, J'anaki

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Janaki's New Journey

After over a decade of nurturing women in the prime of their premiere creative space, moving through conception, pregnancy and motherhood, I have come to a crossroads where my life is now leading me to guide these very women to own their creative powers in a much more impactful way, to fulfill their purpose, to do the work they love every single day and to make an astounding success of it.

I am opening up a space for coaches, teachers and healers to create, incubate and birth their dreams - within a very close community of loving, sisterly support.

We don't compete - we CREATE! This is The Next Level Academy.

It is a place where spirituality meets success.

The magic ingredient is YOU. Your creativity, your passion and your dedication to a life of absolute purpose.

You KNOW you can make a difference because you already are, simply by asking, "how can I make a difference"?

At The Next Level Academy, we will be offering you the opportunity to begin, or continue learning how to move to The Next Level; how to make the change and how to upgrade into the next level of your life: from longing to belonging.

To be kept updated, please sign up to my newsletter by contacting me janakiashira@gmail.com

Meet Tara from Yoga Mama



"I will walk with you on your parenting journey, at every stage. Your journey becomes my journey and we move in the flow of our souls" -Tara

I am a Yoga Teacher, life and parenting coach. My passion is to create safe containers for parents on their journey through parenting from fertility all the way through to postnatal care for the whole family. We store so much in our bodies and through movement, meditation and coaching I assist families to bring more peace, joy and happiness into their lives. Yoga is a mind, body and soul deep healing process and I am passionate about using movement as a tool for fertility, pregnancy and postnatal recovery.

In my experience as a coach and a Priestess of the divine feminine, I also assist mothers who have experienced trauma from previous pregnancies, births and reproductive disorders in the most holistic and loving way, complimenting medical treatments and improving its effectiveness.

I look forward to sharing your journey with you and I thank you for allowing me to be a part of it.

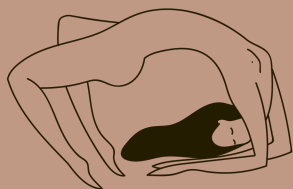
Dr Nadia Harris

I am a medical doctor currently practicing in primary health care. I am passionate about promoting women's health, child health and breastfeeding education in a lasting, meaningful way.

Teaming up with Yoga Mama is an excellent platform for me to share my knowledge and experiences as a both a health care worker and mother. I look forward to being part of your journey through pregnancy, birth, breastfeeding and the beautiful gift that is motherhood.



Fun facts about Dr Nadia!



01

Dr Nadia is a former Professional Gymnast

02

Dr Nadia and Tara went to high school together

03

Dr Nadia is a mommy to a one year old little boy

04

Dr Nadia is the biggest Harry Potter fan!

05

Dr Nadia received 7 distinctions in Matric and is a textbook of knowledge in the health field

Back to work breastfeeding guide



We are all aware of the beauty and benefits of breastfeeding for both mom and baby - the bonding, the nutrients, and the antibodies. We are all aware that the breastfeeding journey, albeit beautiful, isn't an easy one.

Being a working mom and trying to continue your breastfeeding journey by expressing milk for your little one while at work comes with a whole new world of challenges.

Giving your baby breastmilk until the age of two is the WHO recommendation because of its numerous health benefits, with the guideline of exclusively breastfeeding in the first 6 months after birth, thereafter with the introduction of solids.

Breastfeeding and maintaining a good supply for baby at home is something so many mom's all over the world struggle with. Adding the "back to work" factor makes this even more difficult. Here are some tips on navigating though the ups and 'let-downs' of pumping and storing breastmilk at work in my experience as a working mama.

EASE INTO IT

Start pumping about a week or two before returning to work to get used to the sensation, which pump you like best, how your pump works and get an indication of how much milk you get with each pumping session. This also gives your baby a chance to try out drinking breastmilk from a bottle once or twice before you return to work. Whoever will be caring for baby while you are at work can take over some feeds for some practice and bonding with baby too.

YOU DON'T NEED A FREEZER STASH!

You only need to pump enough for your baby for the next day or for the missed feeds while you're away, so if you haven't gotten around to creating a huge freezer stash of milk before returning to work, its completely fine. According to Kellymom.com, for exclusively breastfed babies (i.e No solids before 6 months) the general rule is that an average of 30.63ml per hour away from mom is sufficient. Between 6 and 10 months old, babies require about 36.46ml p/h away from mom. From 10 months onward the intake per hour that mom is away becomes less as baby takes in more solids.



You can
do this
Mama!!!

GET THE MOST OUT OF EACH EXPRESSING SESSION

When you are at work, try your best to time your pumping to align with at the time that baby would usually feed during the day. Make sure you empty both breasts completely in a session (even if baby only usually empties one breast at a time, or usually only drinks a portion of the volume of a full breast per feed). This is because your supply is directly dependent on demand. So, when you're pumping it's dependent on the "demand" you create with each session, so the more you empty, the more you'll have.

GET SOME "ME TIME" FROM YOUR PUMPING TIME

Use your pumping sessions at work as a quick break away from the office craziness. Use a cool, quiet and private place to pump and get some down time. The more relaxed you are during the session, the better. Some women find that taking something that smells like their baby or looking through pictures of their baby help get that let-down going. Others find that distracting themselves completely by reading a book or journaling during the session helps more. I've found that not keeping an eye on how much milk I'm making by covering the pump and bottles while I pump, helps with the anxiety of trying to make sure I'm making enough milk.

STORE SMART

Store your milk in breastmilk packets or bottles immediately after each pumping session and put them into a fridge, freezer or cooler bag as soon as possible. Try to store it in small amounts (around the same amount baby usually drinks during one feed) so that once thawed or used there isn't much wasted if baby doesn't finish the milk straight away. A rough storage guideline is to use the rule of threes: freshly expressed milk is good for Three hours at room temperature, Three days in the fridge, and Three to Six months in a freezer (but for about 2 weeks in a freezer compartment within a refrigerator). Freshly expressed milk can last up to 24 hours in a good quality cooler bag before transfer to a fridge or freezer. La Leche League International notes that once baby has taken a sip of the expressed/thawed milk, the baby's saliva starts to break down the milk and thus a partially finished bottle cannot be kept for more than two hours. Remember to wash your hands before pumping and/ transfer of milk from breast-pump bottles to storage containers and to label containers with the amount of milk, and the date & time of the pumping session.

STAY MOTIVATED AND MINDFUL!

As tiring and challenging as combining breastfeeding, expressing breastmilk, and working can be, its all for the benefit of your little bundle of joy. Keep in mind that it is temporary and that the duration of this journey with your little one is completely up to the two of you. Take each challenge as it comes and remember that there is no right or perfect way to do this. If you continue to breastfeed when you get home or at night, use that time to bond with your baby after a hard day's work..

KEEP YOUR ENERGY UP!

Breastfeeding and expressing milk takes a lot out of you... Doing it while working a full day, even more so! Stay hydrated and have regular healthy snacks between meals. I found it helpful to continue the multivitamins I was taking during my pregnancy throughout my breastfeeding journey for an extra boost.



Everyone's breastfeeding journey is different! Your tiny human is only tiny once, savour it. And remember: You're doing great, Mama!

*With love,
Dr Nadia Harris*

Yoga Mama October Calendar

Free Meditation and Mindful
morning online only

Monday - Sunday
5:30AM - 6AM

Prenatal Yoga Group Classes
in person and online

Tuesday & Thursday
5:30pm-6:30pm
Sunday 9am-10am

Postnatal Yoga Group
Classes online only

Monday
6pm-7pm

Mom and Baby Yoga Group
Classes in person and online

Wednesday
10am-11am

Connecting to your essence
coaching group class online
only

Wednesday
7:30pm-8:30pm

Connecting to your essence
coaching workshop in person

Sunday 18th October
10am-1pm



The First Trimester

Finding out that your pregnant is a joyous time, a beautiful time and a blessed time.

But no one speaks about how lonely it can be. How demanding it is on your body and your mind.

You start to worry from the day of the test for the rest of your life as a parent. Miscarriage fear, overwhelming emotions, lack of support by those closet to you the list goes on.



We keep the pregnancy a secret

Keeping your pregnancy a secret until you reach 12-14 weeks is very common and for some this can get very lonely as you are going through so many emotions so many physical changes that sometimes all you need is someone to talk to. Someone who understands or even just someone who is willing to listen without passing any judgement.

Your body is working overtime to create a life

We under-estimate the amount of work our body does in the first trimester. Your body is tired more often because of the life that is forming within it. Magic is busy happening inside of you. Sometimes having to slow down because of this can cause a lot of anxiety for someone who is used to functioning at 150% everyday. This is a time to allow your body to do its thing, allow yourself all the rest and the relaxation your body needs. Know that you can rest guilt free! You busy creating a human Mama!

The beginning of Mama-Investigator begins

A mom truly is the best private investigator there is! And this starts the minute you take a pregnancy test. We research EVERYTHING! What can we eat and what cant we eat? What movements can we do? Is our baby safe? Does this craving mean a boy or a girl? And those are the slightly lighter questions.

Research on miscarriage, which symptoms to watch out for and what if something is wrong can also cause a lot of stress to a new mom. The reality about all of this is that yes, there are things we can and cant do and yes know the danger signs to look out for but dont dwell on it. Listen to your inner voice - this guidance is priceless and customised just for you!

Life does not end when you have a baby, a new part of your life opens up. Allow yourself to embrace the emotions. Trust your intuition and on the days where you just want to process in your mind, body and soul then allow yourself to do that.



Tips to survive the first trimester:

- Stay hydrated and eat smaller meals, this can assist in decreased nausea
- Keep a pregnancy journal, writing in it daily on what you are feeling. This one is not for your baby as a keepsake it's for you.
- Amp up the self love and self care practices. You going to have a long time to focus just on your baby, for the first trimester focus on yourself.
- Relax as much as possible your body is doing a lot of work forming your baby, don't feel guilty for resting more than usual.
- Join a moms support group or class. Yoga Mama can provide you with this loving container of like minded moms.

With love, Tara

Bub Hub West Rand

Bub Hub West Rand is a an all in one
Baby Wellness studio.

Contact Danielle on 064 686 2607

ARTICLE BY BUB HUB'S LOVELY DANIELLE!

Where to go New Mama?



THE
BUBHUB
• & company •

I often hear mothers say “Why did no one tell me”. Whatever it may be about; lack of sleep, excessive hair loss, body shame, feeding challenges, depression, marital changes or even bonding with baby is in fact, irrelevant.

It’s the fundamental feeling of being more overwhelmed, emotional, misunderstood and often alone that brings about the same question time and time again amongst many mums regardless of their circumstances, “Why did no one tell me”. Well I’m here to tell you, you are not alone.

Imagine there was a safe space, a space you could gloat about your baby sleeping through at six weeks, your amazing husband that's up with you every feed and this overwhelming feeling of love you have for your child and in the same breath sob because breastfeeding is so difficult, you're exhausted, your house looks like a bomb hit it and you never know what to say to your partner when they get home in the evening and ask you what it was that you did all day.

Of course, each mommy's journey is unique but one thing that is consistent amongst us all is that becoming a mother is a rollercoaster ride! Having a support group of moms, and not just any moms but moms that are right there with you tackling the challenges of a newborn (and truth is, it doesn't have to be your first newborn to need the support) is one of the largest factors to making parenting an exciting, enjoyable adventure, where you feel equipped to face any challenges thrown at you, rather than an overwhelming but of course wonderful experience.

My experience of parenting was turned on its head when I joined the Bub Hub. It not only equipped me with invaluable parenting tools, but it connected me with likeminded mothers to take this journey with. Who said there is not a manual on parenting? Millions of women have done this before us and even though each child is unique, we don't have to reinvent the wheel. There are professionals out there, ready to guide us, support us and help us be the best mothers we can be, because unlike we're lead to believe, being a great parent is not a skill we are just born with, it's the most important skill we have to learn and we're expected to learn it while trying to parent!

With love, Danielle

Hart Fertility Centre

THE PRACTICE OF POSITIVITY DURING COVID

By Angela from Hart Fertility Cape Town

During these uncertain times, it is easy to give in to the anxiety surrounding the COVID-19 epidemic. Everywhere we look, every newspaper we read, every Facebook feed we scroll through, the world is in a panic state.

However, now more than ever, it is so essential that we find peace somehow in our own lives, especially at home. Although logically, it may not feel right to feel any optimism right now, given how the pandemic has changed the world as we know it. We have survived wars, unrest, tragedy, and as a global community has overcome the worst scenarios. So, we can get through this together in unity; as a worldwide force of love.

Although it may cause anguish at times, self-isolation is a perfect time to go within and reflect on your life; past-present-future. In a world that seldom allows you to breathe, we finally have stillness where the world has quite literally stopped for us all.

Therefore, we feel it is essential to share with you ten ways that you can carve out time for yourself to focus on bringing abundance, gratitude, and self-healing to the forefront of your mind.

This is so that when you are ready to continue with your Fertility Journey, you are in the right headspace to do so:

Start an Abundance Journal:

We receive what we put out into this world. And we seem to forget this in times of acute stress in our daily lives. We shut everything out and only focus on that stress-trigger instead of taking a step back and appreciating the abundance surrounding us every moment. Create soul-lifting affirmations that you repeat like a mantra to yourself throughout the day, every day. Examples are: "I am ready to conceive a child. I can't wait to meet my child. I am becoming more fertile each day. I am taking care of my body and mind to welcome a baby." "I am worthy of love and acceptance." "I am taking care of my body and mind to welcome a baby."

Practice Gratitude Every Day:

Often when stuck in our stressful mindsets, we tend to focus on what we don't have rather than being grateful for what we do have. Every morning, as you awake, take a conscious moment to take in your surroundings: Listen to the birds chirping their morning rituals outside your window. Soak up the sunbeams streaming through our bedroom window. Make a conscious effort to watch breath-taking sunrises or sunsets where possible. Find at least ten things every day that brings your heart gratitude. A great way to practice gratitude is to reach out to 2-3 loved ones a day to tell them how much you love and appreciate them.

Practice Meditation and Mindfulness:

Practicing mindfulness and the art of meditation can help to reduce levels of stress and anxiety and can promote conception. Mindfulness and meditation are two techniques that affect your mood and how you feel about yourself and improve your mental well-being. If you are new to meditation, there are some fantastic apps out there to suit both the novice and expert when it comes to finding stillness within. We recommend Insight Timer - which is a free app with guided meditations by the world's top meditation experts, neuroscientists, psychologists, and teachers from Stanford, Harvard, the University of Oxford, to mention but a few.

Practice Yoga:

Yoga has been shown to promote general relaxation and reduce anxiety, stress, and depression. Fertility Yoga (FY) can regulate hormonal imbalances and increase circulation and stimulation of female and male reproductive organs.

We are proud to announce that we have recently partnered up with Tara Williams of Yoga Mama who offers both 1:1 and online sessions. Tara is a yoga teacher, a life and parenting coach. Her passion is to create safe containers for parents on their journey through parenting from fertility all the way through to postnatal care for the whole family. We store so much in our bodies and through movement, meditation and coaching; Tara assists families to bring more peace, joy and happiness into their lives. Yoga is a mind, body and soul deep healing process and she is deeply passionate about using movement as a tool for fertility, pregnancy and postnatal recovery.

Keep Moving:

Move. Even if you only have 20 minutes in a day for a workout. Exercise, even a short session, shoots up your endorphin levels (happy hormones). When it comes to fertility-boosting practice, low to moderate exercise is best. Vigorous exercise has been known to add stress to your body, which is the last thing you need when going through fertility treatment. Ideas for your ideal fitness schedule are: Keep a fitness journal where you can document your exercise schedule per week. Make sure you dedicate certain days to yoga and meditation Google workouts online that you can do at home with little or no equipment. You can adjust the workout according to your strength or fitness capabilities

An example of a weekly fitness regime can be:

Daily Meditation sessions of 10 minutes - either first thing in the morning or just before bedtime

Two Yoga sessions per week (e.g., Monday and Wednesday)

Three moderate workouts per week (e.g., Tuesday, Thursday, Saturday)

One active-recovery day (e.g., Sunday for stretching/walking/gardening)



Eat Food Made with Love:

It is so important to nourish your body with nutritious whole and natural foods. So, make sure you eat food made with LOVE! By this, we mean cooking food from scratch and being connected with the food that you are cooking and consuming: While trying to conceive, focus on your eating habits and start eliminating unhealthy eating habits Stay clear of processed or pre-cooked meals from supermarkets that are mass-produced, full of artificial ingredients, and almost always loaded with too much salt Increase your intake of fruit, raw vegetables, organic proteins and avoid wheat and man-made products with very little nutritional value to them. Having a relationship with your food and your body is the first step to creating harmony within your hormonal balance

We are pleased to announce that we have recently partnered up with Kirby Hendricks who is our Prenatal Dietitian. Since being diagnosed with PCOS, Kirby is no stranger to the ups and downs that comes with hormone imbalance. She is fascinated with uncovering the 'why'. Why we are feeling this way or experiencing a health issue. Kirby believes in taking a holistic approach to uncover the root of body imbalances. Her area of interest is genetics, PCOS, endometriosis, gut complications, anxiety, insulin resistance.

Spring-Clean Your Home:

Nothing brings peace to the mind quite like de-cluttering your home. Use this time to go through every single cupboard, drawer, every nook, and cranny and get rid of things that no longer serve you. We tend to hang onto things that are "sentimental," but we need to love and release what is not part of our journey anymore. As we let go of the old, we allow the new to enter our lives. Please make sure that you donate old clothes or furniture to those in need where possible.

It's time for a Mental De-Cluttering:

Just as spring-cleaning, our homes bring peace of mind, de-cluttering the mind brings happiness to the soul. Start making choices about your life that will help you remove unnecessary stress so that you can think more clearly and have peace-of-mind. Ideas are: Remove yourself from Social Media for a while. We are too consumed by what others are doing instead of focusing on where we are in our lives. And it can cause depression thinking others' lives are more fulfilled than our own - when really, we are just staring at a picture that is meaningless in the bigger scheme of things. Move away from toxic relationships - only allow people into your circle that bring positive and loving energies to the table. Remove people that do not bring joy to your life every day. Create a plan to get rid of long-standing debt - seek assistance from a Finance Advisor or speak to your bank about assisting you with a payment plan. Whatever you need to do, get rid of debt.

Reach Out to Loved Ones Every Day:

Everybody, on any given day, is dealing with trials and tribulations. Sending someone a text message or a voice note affirming your love for them will bring them joy and fill their heart with love. Kindness doesn't cost you a thing except for a moment in time.

Research Your Fertility Treatment Journey:

There may still be certain restrictions during COVID-19, but this doesn't mean you have to lose momentum on your journey to start your own family.

HART Fertility Clinic is open for business - so get in touch with us to start on your journey to parenthood! www.hartfertilitycapetown.co.za

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Reach over 5000 families
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publish a full page advert R500

If you have any products or services relating to fertility, pregnancy, holistic living, women's empowerment, infants, toddlers and children then join in on this wonderful opportunity today.

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