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Meet Nealy Fischer – Our Prenatal/Postnatal Yoga Expert

BEAUTY | BY MAURA

Since I (Hester) found out I was pregnant in January, I've felt like my body and mind have been caught up in a whirlwind of new sensations and emotions – sometimes exciting, sometimes daunting, sometimes downright unpleasant, pregnancy is a time of accepting that for the next 9 months you are not fully in charge of your own self in the way that you are used to. I've been taking Nealy Fisher's prenatal yoga classes at Pure Yoga, and love the way she teaches about empowerment through pregnancy and birth, and how to use yoga to heal, calm and strengthen your body. Nealy will be holding a very special [Prenatal and Beyond Event](#) at Pure beginning June 10th.

Teaching prenatal yoga is a pretty cool job. I get to meet women who are beautiful and literally full of life each and every day. And over the years, my students have all come to me with many of the same questions, concerns, the same aches and pains and dilemmas.

The same fears and doubts. Similar triggers for their tears. Similar joys. For example the number one thing my students unanimously agreed upon (when I last did a unscientific survey) was that their favorite part of the day was feeling their baby move inside of them. When I reflect back on my own pregnancies, I too had similar experiences. And so I've come to a simple conclusion: As individualistic as we all are, at our core we are universally the same.

On the surface, pregnancy can often trigger feelings of difference. Do you ever feel separate and alone? Is everyone else is drinking at parties while you are sipping your lemon Perrier? Are your friends getting thinner while you are increasing in size every hour? Beyond this surface level of difference, however, is an opportunity for endless connection. It's a time to reconnect to yourself, to other women and to the growing life inside of you. My best friend and I formed our lasting bond while we were both pregnant. All it takes is a simple shift of perspective and attitude. Pregnant women are embodiments of connection for they hold the key for the continuation of humankind. When we can embrace our difference and remember our connection, pregnancy becomes a celebration of womanhood and of life itself. The key is to surround yourself with people who encourage you to see your own beauty and remind you that you are not alone on this great journey towards motherhood.

I will be sharing weekly tips, inspirations and practical guidance on pregnancy, postpartum and motherhood. If you are yearning for an answer to anything, I encourage you to email me any thoughts or questions you may have. Chances are someone else is thinking the same.

Nealy teaches anusara yoga, prenatal yoga and has created yoga workshops for labor and postpartum. You can connect with her at nealy@aylagrace.com or come to her classes at pure yoga in Central.



Maura Thompson

Originally from Philadelphia, Pennsylvania and I lived in New York City for three years before moving to Hong Kong in May 2008. Moving to Hong Kong has been one of the best decisions I ever made! I am a total city girl and pride myself on being able to navigate the hills of Hong Kong in 5-inch heels. I am quite certain though that I will face plant one day on Pottinger Street and I just hope no one will be around to witness it. I love all things fitness related and I am at my happiest

when doing Tree pose on my yoga mat.