FAQ's

I'm currently hospitalized for pregnancy complications. Is it safe for me to attend a restorative yoga class?

While yoga and Reiki are considered safe during pregnancy, your care team at BIDMC will determine if you are medically stable to attend a class.

Will I need to bring anything?

No. All supplies are provided.

Do I need to have any experience?

No experience necessary. Sheila will work with each patient to meet individual needs.

Please reach out to your nurse with any questions

The Yoga Instructor

Sheila Leaden, RDMS, RYT200

Sheila is a sonographer in the Maternal-Fetal Medicine division at BIDMC. She is certified in teaching restorative yoga, prenatal yoga, and attuned Reiki II. She also teaches weekly outside BIDMC at the Yoga Loft in Wilmington.

For more information

regarding classes, please email: sleaden@bidmc.harvard.edu

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Prenatal Restorative Yoga

What is Restorative Yoga?

Restorative yoga is a gentle, quiet form of yoga that uses props to support the body, allowing for mental and emotional relaxation.

Yoga is helpful for:

- bringing mind & body into balance
- deep relaxation & self-care
- slowing down & unwinding
- purposeful rest

Your BIDMC yoga class

Goals:

- create mind & body awareness
- create a space of peacefulness and relaxation

There will be:

- breathing techniques
- light & mindful movements
- meditation and concentration

What is Reiki?

Reiki is an ancient Japanese technique used for stress reduction and relaxation. The Reiki practitioner will place their hands over your body, helping the mind and body enter greater relaxation and peacefulness.

In hospitals across the United States, Reiki is gaining acceptance as a meaningful way to improve patient care.

Reiki has been proven to help:

- reduce pain
- reduce nausea
- reduce anxiety during pregnancy
- Improve sleep