

**Yoga for Mums and Kids** *Every Sat; 3-4pm. Level 27 Ocean Towers, 20 Raffles Pl. ■ Raffles Place. Every Sat; 11.30am-12.30pm. Every Sun; 2.15-3.15pm. Level 4 Pacific Plaza, 9 Scotts Rd (6536 3390, [www.trueyoga.com.sg](http://www.trueyoga.com.sg)). ■ Orchard.* Learn

Pranayama, a powerful technique to ensure abundant oxygen supplies for both mother and baby. This technique basically maximises lung capacity – useful during the last trimester of pregnancy. Asanas, a gentle stretching exercise, works on the reproductive organs, aids strengthening of the pelvis and spine, and ultimately helps the body cope with growth.