



Maria Carella, LPC
Licensed Professional Counselor

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PRENATAL YOGA CONSENT FORM

A class designed for pregnant women to increase strength, flexibility and emotional well being.

The class consists of:

- *18 yoga postures/movements to relieve common pregnancy complaints
- * Stress management: relaxation, abdominal breathing and mindfulness
- * Information and emotional support

I give permission for my patient, _____ to attend Prenatal Yoga classes with Maria Carella LPC.

Comments or Restrictions:

Doctor or Midwife:

_____ Phone: _____

Signature: _____ Date: _____

Maria Carella is a Licensed Professional Counselor, Certified Prenatal Yoga Instructor and author. She has specialized training in Cognitive Behavior Therapy, Relaxation, Mindfulness and Hypnosis. Maria's private practice focuses on helping women and their partners with the emotional challenges of infertility, pregnancy, miscarriage and infant loss.