

Mum and Baby Yoga 6 week course with Jody



Wednesdays August 29th – October 10th, 10.30-11.15

Mum & Baby Yoga classes are a wonderful way to bond together whilst enjoying the many benefits of Yoga. Classes include:

- Moving and stretching for Mum & Baby
- Breathing techniques
- Singing
- Exercises for Mum to help strengthen her pelvic floor
- Relaxation time



These classes are for all levels, no need to have done Yoga before. Suitable for when mum & baby have had their 6 week check up to crawling. Benefits may include:

- Bonding with Baby
- Improved sleep quality
- Increased muscle tone
- Gradually more flexibility
- A sense of peace and calm
- Sharing fun time with other Mum & babies



The classes are very relaxed and completely baby led – fine to feed/change baby etc. as needed.

To book your space, or with any questions, please email Jody@YogaAkasha.co.uk

Venue: Yoga Akasha

Dates: August 29th – October 10th (no class September 12th)

Time: 10.30-11.15

Cost: £50

