



Pregnancy Yoga classes with Jody

Saturdays, 10.45-11.45



Firstly I'd like to offer you my congratulations! This is such a precious time and I am delighted that you are considering coming to pregnancy yoga at Akasha to assist you during these next few months and helping to prepare you for giving birth.

These classes are a combination of:

- gently stretching and moving your body
- meet other Mum's to be
- some time out for yourself
- a space to connect with your baby
- discuss any issues that arise
- helping to prepare you for the birth
- learning some breathing techniques to help you feel relaxed and energised



The classes are from 14 weeks pregnant and the cost is either £12 per class, £55 for 5 or £100 for 10. If you buy a block it is fine to miss some weeks, they can be used anytime during your pregnancy.



For more information or to reserve your place, please email Jody@YogaAkasha.co.uk