

Feel Good Yoga for new mums



Feel Good Yoga is a wonderful way of looking after yourself after the birth of your baby.

It aims to focus on postures specifically designed for the post-natal months, helping your body regain strength and tone in a safe and effective way.

The emphasis is on strengthening the pelvic floor, the abdomen, legs and back as well as on opening and relaxing tensions in the shoulders, neck and arms.

Yoga relaxes the nervous system and brings balance to the endocrine system.

It helps to create a balance between your body's physical needs and your emotional state.

The yoga taught in these classes is gentle, giving you time to integrate the experiences of your body after birth.

Combine yoga with a healthy diet and you will soon notice a change in the way you look and feel.

Classes – Thursdays 10am–11.30am in

***St Ambrose Catholic Church
2 Warren Park, off Chapel Road
Warlingham***

*For enquiries & bookings please call Dimi on 07798 – 501844
or e-mail dimi@feelgoodyoga.co.uk
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What is Feel Good Yoga for new mums?

The postnatal period is a very special time for mothers and babies. Feel Good Yoga for new mums is a programme, specially designed to provide a warmly supportive environment in which to enjoy getting to know your baby, aid postnatal recovery and learning to relax in each others presence over the postnatal year and beyond

How soon can I begin?

Depending on your birth, we suggest 6 weeks after an unassisted vaginal birth and 8 – 12 weeks for a caesarean delivery. It is very important that you attend when you feel physically capable.

What if my baby sleeps through or cries in the class?

Sometimes the class is quiet and sometimes there is crying. Sometimes the babies are full of chuckles and sometimes they want to snuggle and feed. Sometimes the mums are tired and sometimes they're full of beans. But there are always appropriate practices for each pair. It is important to attend to your baby's needs whether that is – breastfeeding, changing or cuddling them. Part of the experience is to learn to relax around your baby's upsets so all crying is a welcome opportunity for mums to practice "letting go".

What should I wear? What do I need to bring?

Wear comfortable and loose fitting clothes. It is also a good idea to bring a baby blanket or bunny rug to make your space comfortable and familiar for you and your baby. Mats are provided.

How large are the classes?

The classes are small and personal – we have an attendance of up to 6 mums with their babies.

How long can I attend for?

The classes are suitable for babies from the age of 2 months to the stage of active crawling. You can repeat the 6-week course as many times as you wish. Within six months of having your baby you may wish to join any of the Feel Good Yoga classes in the area – a lot more dynamic sessions, based on Ashtanga yoga.

How much will it cost me?

Classes are held once a week and a 6-week course cost £42 payable by cheque to Feel Good Yoga prior to attending the course.