

Feel Good Yoga for Pregnancy



Feel Good Yoga is a wonderful way of enjoying your pregnancy and preparing for labour and birth.

Yoga in pregnancy improves blood circulation and energy levels, lifts fatigue and releases tension in muscles and joints. It prevents and relieves skeletal problems, such as lower back, sacro-iliac, pelvic, rib and upper back pain. By practising regularly mums-to-be can ease common problems in pregnancy – cramping, breathlessness, nausea and sleeplessness. Yoga develops postural awareness and invites resources for pain relief. It encourages quietening the mind and the use of body's intuition and instinct.

The classes are gentle and are an opportunity to meet other pregnant women, learn from each other, share information, hear birth stories and discover options.

Classes – Thursday 7.00pm – 8.00pm in

**2 Warren Park
off Chapel Road
Warlingham
CR6 9LD**

For enquiries & bookings please call Dimi on **07798 – 501844**
or e-mail dimi@feelgoodyoga.co.uk
www.feelgoodyoga.co.uk

What is Feel Good Yoga for pregnancy?

The antenatal period is a very special time. Feel Good Yoga for pregnancy is a programme, following the principles of active birth, where yoga is non-strenuous and safe and mums-to-be can prepare for labour birth by awakening the intelligence of the body.

How soon can I begin?

Anytime after 13 weeks. It is important that you update Dimi regularly on any changes in your condition.

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

Wear comfortable and loose fitting clothes. The more support you get whilst practising, the better. Please bring 3 medium cushions and a cosy blanket for relaxation time. Mats are provided, but if you have your own feel free to bring it with you

How large are the classes?

The classes have an attendance of up to 10 mums.

How long can I attend for?

The classes are safe to attend even when overdue. You can repeat the 5-week course as many times as you wish. If you fail to re-new the course, you may go onto a waiting list. Within 6-8 weeks of having your baby you may wish to join Feel Good Yoga for new mums' class – a session to help the body regain its strength and where you and your baby can enjoy yoga together. Anyhow, we like keeping in touch - we'll invite you & your baby back to the pregnancy class to hear your birth story.

How can I book? How much will it cost me?

Classes are held once a week and a 5-week course cost £40 payable by cheque to Feel Good Yoga - 33 Blanchmans Road, Warlingham CR6 9DF prior to attending the course. Your place will be secured once you return your payment with the registration form.