

Postnatal recovery yoga for Mums & babies

With Bernadette King, BWYDip, ITECDips APM & IHM, FEDANT registered 11790

Please visit www.peacefulpractice.co.uk for full details about this course.

These informal, supportive classes are the perfect way of gently toning muscles, particularly the pelvic floor and abdominals, realigning and strengthening the pelvis as well as offering effective relaxation techniques to revive your energy levels. They can also help with Diastasis Recti and recovery from C sections.

Babies are not just left to their own devices and are included in some of the practices as well as enjoying the songs and passive stretches mums do with them. The classes are ideal for sharing the joy of yoga with your baby from a very early age.

The classes are a great way of linking up with other local mums & babies in a friendly environment and the classes are small so that you receive personal support. Babies who need to feed, be changed or cry are all very welcome! We always end the classes with relaxation and as your baby recognises these vibrations in you it helps them also to relax.

Suitable for mums with babies up to 6-7 months.

Course 1

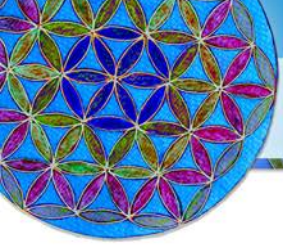
| | |
|---------------------|---|
| Venue | Mycenae House, 90 Mycenae Road, Blackheath SE3 7SE |
| Dates | Fridays 03 November – 08 December 2017 |
| Sessions | 6 |
| Time | 11:00 – 12:00 |
| Cost | £75 |
| Closing date | 30 October 2017 |

Parking and public transport

Free all day parking is available on Mycenae Rd just outside Mycenae House. Free parking for up to 2 hrs is also available on Mycenae Rd. There is also free all day parking on Beaconsfield Rd, which is next to Mycenae Rd. **Bus** 53, 54, 108, 202, 286, 386, 422. | **BR** Westcombe Park (5 mins walk)

"This lovely class educated & supported me in my return to a "non-pregnant" body. The atmosphere is relaxed, even giving us techniques to help with teething, colic & other common complaints. Bernadette uses fun songs & routines to involve the babies in the yoga. Highly recommended."

Laura



Booking form and payment

Cheques:

Please complete the booking form on following page and send, with payment, to:

B. King, 12 Christchurch Way, Greenwich, London SE10 9AL

Please make cheque payable to B. King.

Bank transfer payments:

Payment may be made by internet banking:

Account name: Bernadette King | Sort code: 30-93-70 | Account: 10924568

After payment has been made, booking forms can be posted to Bernadette as above or emailed to

info@peacefulpractice.co.uk Confirmation of all bookings will be made by telephone or email.

Peaceful Practice: Postnatal recovery yoga for Mums & babies

Venue: Mycenae House, 90 Mycenae Road, Blackheath SE3 7SE

Time: 11:00 – 12:00

Dates:

Please complete the following:

Fridays 03 November – 08 December 2017 (6 sessions) - £75

I would like to book the above course and have read and agree to your Terms & Conditions.

Total amount due:

I enclose a cheque for the full amount

I have paid the full amount by bank transfer

Name

Email

Tel

Terms & Conditions – a gentle reminder!

So that there is no confusion regarding the cancellation policy, here are the details:

- A full **48 hours' notice** is required for all cancellations of yoga classes and workshops.
- It is not possible to carry over missed sessions to a future course, for example if you have either booked a holiday before or during a course you have paid for. If there are exceptional circumstances Bernadette may make an exception, so please contact her to enquire 48 hours prior to the absence.
- Regrettably, apart from exceptional circumstances such as early birth; no refunds can be given for non-attendance or cancellations with less notice than the times stated.
- If the yoga teacher cancels a class, a full refund will be given for that class

Please note that all bookings are subject to these conditions.

Thanks so much for your co-operation.

Warm regards,

Bernadette

Contact details

Any queries please contact Bernadette

Tel 07816 443319 / 020 8853 5944

Email info@peacefulpractice.co.uk

Website www.peacefulpractice.co.uk