

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.

"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."

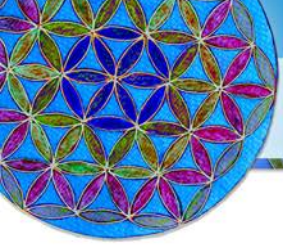
Laura

Course 1

Venue	Mycenae House, 90 Mycenae Road, Blackheath SE3 7SE
Dates	Fridays 26 January – 9 February 2018
Sessions	3
Time	11:00 – 12:00
Cost	£38
Closing date	23 January 2018

Course 2

Venue	Mycenae House, 90 Mycenae Road, Blackheath SE3 7SE
Dates	Fridays 2 March – 23 March 2018
Sessions	4
Time	11:00 – 12:00
Cost	£50
Closing date	27 February 2018



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)

Booking form and payment

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:

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

I would like to book a course on the following dates:

Fridays 26 January – 9 February 2018 (3 sessions) - £38

Fridays 2 March – 23 March 2018 7 (4 sessions) - £50

Total amount due:

I have paid the full amount by bank transfer

I have read & agree your Terms & Conditions at: www.peacefulpractice.co.uk/fag/#terms

Name

Email

Tel