

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 08 January 2021 – 29 January 2021
Sessions	4
Time	11:00 – 12:00
Cost	£50
Closing date	04 January 2021

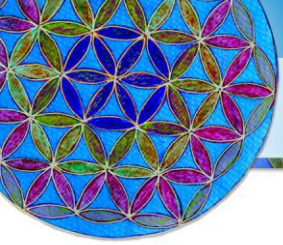
Parking and public transport

Two Hour Free Parking from Mon-Sat 9am-6.30pm on Mycenae Rd. The yellow line at the top of Mycenae Road is free to park on after 9.30am. Free Parking bays situated on Hardy Road. There is also free all-day parking on Beaconsfield 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

Payment may be made by online bank transfer: please contact Bernadette for details

After payment has been made, booking forms can be emailed to Bernadette: info@peacefulpractice.co.uk.

Confirmation of all bookings will be made by telephone or email.

Terms & Conditions – a gentle reminder!

Our Terms & Conditions, including our Cancellation policy, can be viewed on our website:

www.peacefulpractice.co.uk/faq/#terms

Contact details

Any queries please contact Bernadette

Tel 07816 443319 / 020 8853 5944

Email info@peacefulpractice.co.uk

Website www.peacefulpractice.co.uk

Peaceful Practice: Postnatal recovery yoga for Mums & babies

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Time: 11:00 – 12:00

Dates:

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

Fridays 08 January – 29 January 2021 (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