











Pregnancy Yoga Broadwater Worthing



Location **South East, West Sussex**
<https://www.freeadsz.co.uk/x-370710-z>

Come and join me and meet other mums to be at this nurturing pregnancy Yoga class. Practising yoga in pregnancy can help relieve the natural aches and pains that develop in your pregnancy. By practising yoga you can help realign your posture, increase your posture and stability, learn relaxation and breathing techniques that can help you in labour or with every day stress and enjoy this special time to connect with your growing baby in this nurturing and welcoming class. No previous yoga experience necessary. All mats and bolsters provided. I just ask that you bring a blanket with you for the relaxation Shavasana at the end of class. Please feel free to contact me with any questions or queries you may have I am a registered Midwife and Qualified registered RYT 200 Yoga teacher and Pregnancy yoga teacher. 4 week course £40. This can be taken over 5 weeks to allow for a time that you may not be able to or feel like coming to class. Classes held at Broadwater Parish Rooms every Friday 6pm to 7.

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