








The Daisy Foundation Abergavenny Birthing classes



Location **Wales, Gwent**
<https://www.freeadsz.co.uk/x-493202-z>

Daisy Birthing classes available in Dance Blast @ The Dance Studio, Abergavenny from Friday 17th February 2017 - Friday 31st February (6 week term with a mid course break after week 3). Daisy Birthing is a practical, educational and supportive journey through pregnancy and birth. Each week traditional antenatal education is combined with active birth principles, taught alongside repetitive flowing movements designed to anchor the education to your body, breath and movement, exactly where you will need it on your baby's birthing day. These progressive women-only weekly classes, available from 14 weeks pregnant, are delivered over 6 week terms. Your classes will cover a combination of antenatal and active birth education, breathing techniques, relaxation and birth hypnosis, yoga based movement and meeting local pregnant women. Daisy Birthing is accessible for all mums no matter of shape, size, and ability and is suitable for both first and subsequent pregnancies, supporting all birth plans and choices. For more information please contact click to contact or check out the classes on offer on my website: <http://thedaisyfoundation.com/antenatal-classes-powys-ceri/>

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