

Pregnancy Yoga Hypnobirthing (Waterloo - London)



Location **South East, Middlesex**
<https://www.freeadsz.co.uk/x-536156-z>

This gentle highly-effective practice for expectant mums combines yoga and some hypnobirthing techniques for your optimum experience. The aim of this class is to promote vitality during pregnancy and help to prepare you for a calm birthing experience.
 Online booking available visit www.joyfulbodyyoga



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