



Postnatal Yoga Class?

Feel tired, possibly anxious or overwhelmed? Do you feel as all of your energy is focused on looking after your baby, with no time for your needs? I focus on helping you to exercise safely, giving you lots of advice and support and how to relax and restore your energy. Classes also provide a great opportunity to meet other mums and share experiences.

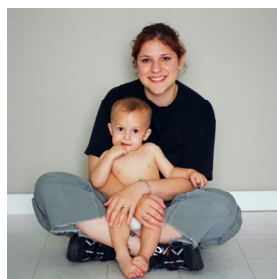
When can I join a class?

Postnatal Yoga can generally be started within 4-6 weeks of birth and is recommended until your baby is around 5-6 months old.

After that I suggest you join a general yoga designed for mums only.

These classes focus on continuing to strengthen your muscles but allow you to develop greater fitness. There is a choice of general classes, daytime and evenings - perfect for when you are a busy mum of a toddler or are considering becoming pregnant again!

This class is gentle and informal and no previous experience is required. Please bring a yoga mat, and a pillow/blanket for baby to lay on when coming along, and any other 'baby bits' you think you may need, i.e. for feeding/changing etc



How can post-natal yoga help me?

However your baby arrived, it is important to help the muscles regain their strength and help the pelvic floor recover. Many new mums suffer back ache and this is most often due to weakness in the structural muscles caused by pregnancy. Correct exercises can rapidly help to improve backache, tense shoulders and necks, tight from hours holding and carrying your baby.

Does my baby do yoga too? No, but your baby is welcome which means that you don't have to worry about leaving your precious bundle elsewhere. Everyone understands that your baby may need a feed or cuddle mid way through but nobody will mind.

