

PARENT & BABY YOGA

(Suitable from 8 weeks to crawling.)

Baby Yoga allows you to communicate with your baby even when you are unaware of it. The simple movements to which the baby is introduced develop awareness of its own body, the way it can move; balance; grow in strength, flexibility, confidence and trust.

For the parent, it builds confidence in the baby's abilities and creates communication through action. It helps you learn how to lift and carry the baby in a relaxed, loose and safe way. Sessions also include postnatal exercises to encourage flexibility and renewed strength and vitality.

Relaxation is an integral part, allowing the energies of parent and child to be in harmony together; to rejuvenate and rest.

5-week sessions held in Oxted.
Call for further details.

For details of classes for Prenatal or Baby Yoga contact **Penny Roberts**
Tel: **01883 723227**
Email: **penrobbyoga@hotmail.com**

The classes will be led by
Penny Roberts
who has two sons and is a **British Wheel of Yoga** Teacher and specialises in Yoga for pregnancy and Baby Yoga. Trained with the **Yoga Therapy Centre** in London and Françoise Freedman, who founded **Birthlight** in 1988 '*for the greater enjoyment of pregnancy, birth and babies.*'



PRENATAL CLASSES

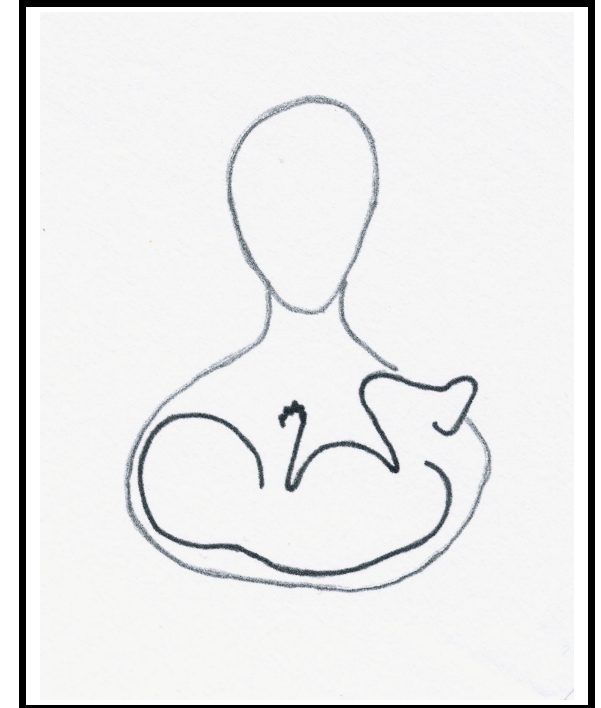
COST: £48.00 per 6 classes.
(£8.00 per class)
Partners Evening: £15 per couple

Classes are paid for 6-weeks in advance, (this does not limit you to 6) as the due date nears you can pay weekly. There is no refund for missed classes unless it is for a pre-booked holiday or special circumstances.

VENUE:
Library Meeting Room, Oxted Library,
14 Gresham Road, Oxted, Surrey, RH8 0BQ.

TIMES & DAYS:
Monday 10.00am – 11.30am
Tuesday 7.00pm – 8.30pm
Partners (TBA) 7.30pm – 9.30pm

YOGA



PRENATAL & BABY YOGA

YOGA FOR PREGNANCY



Yoga is a combination of physical and mental disciplines which make the body stronger and healthier, the mind calmer and more controlled helping towards a healthier pregnancy and empowering the mother throughout the birth.

Yoga promotes flexibility and will help to maintain correct posture during pregnancy.

Suppleness is added to the pelvic floor muscles and stretching of the perineum to improve the birth.

Yoga can help to alleviate some of the discomforts of pregnancy, especially lower back pain, heartburn, varicose veins and shortness of breath.

‘They come through you but not from you,
And though they are with you yet they belong not to you.
You may give them your love but not your thoughts,
For they have their own thoughts..’
‘..You may strive to be like them, but seek not to make them like you.’
‘The Prophet’ – Kahlil Gibran

YOGA FOR CHILDBIRTH



Breathing forms the fundamental basis of all Yoga work and never more so than during Labour and Delivery.

Breathing techniques will increase capacity, improve control of your breathing and maximise the effort of each contraction during labour; working with your body in

harmony with its own rhythms.



Yoga facilitates the natural

opening of the pelvic area with specific posture work. Positions for effective labour are explored, enabling you to **GIVE** birth, your body knowing intuitively how to surrender and what to do.