

PRENATAL YOGA



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 through the birth.

Yoga promotes flexibility, tension release, and also builds stamina and strength for childbirth.

Breathing techniques are learned which help to form a bond between Mother and child and aids in the birthing process. Share in the wonders of pregnancy and childbirth in a supporting and safe environment.

Yoga is the ideal method of exercise for preparing the body for the challenges ahead. Simple exercises designed to open the body and give it strength, to offer ways of alleviating back pain and ideas for solving some of the problems that arise throughout pregnancy.

THE PLACE: Meeting Room, Oxted Library, Gresham Road, Oxted, (Entrance beside Health Centre door)

THE TIME: Tuesdays from 1.30pm to 3.00pm or 6.30pm to 8.00pm

THE COST: £7 per class paying for 6-weeks at a time (Max. 12 places, call to reserve)

TO BRING: Wear comfortable clothing that will allow for stretching and bending, i.e. sweat pants, leggings etc., bring some **warm clothing** or a blanket for the relaxation session. Yoga is practised in **bare feet**, but socks are useful for keeping warm when sitting or lying at the end of the class. Classes are suitable for anyone over **16 weeks**, however, if you suffer from any condition you are unsure about, it is best to **consult your doctor** before attending a yoga class. If you have a large **BEAN BAG** and can bring that it will be very useful.

INFORMATION: call Penny Roberts (BWY Dip) on Tel/Fax 01883 723227
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