

Mother & Baby Post-Natal Yoga



Teacher: Jo Harris & Holly Hood

Monday: 12:30 to 13:30 & 13:45 to 14:45

Tuesday: 11 to 12 & 12:15 to 13:15

Our mother & baby post-natal yoga class lets both you and your baby participate in the fun. This class helps you to recover your pre-baby shape and boost your much-needed energy levels.

Our studio provides a calm and relaxed environment to help you to:

- Retrain your abdominal muscles to help support your spine and pelvis and recover your pre-baby shape;
- Strengthen your pelvic floor muscles that may be weakened by pregnancy and birth;
- Re-educate your posture following the natural changes in your body through pregnancy;
- Release tension in the neck and shoulders that may come from nursing and caring for your baby;
- Strengthen your upper body and learn how to lift and hold your growing baby to avoid back problems;
- Enjoy yoga with your baby, helping them develop and grow in confidence;
- Meet other parents and make new friends.

Classes are given in the yoga spirit of non-competitiveness and non-judgment. We expect crying and feeding to carry on as usual even though you're in a yoga class. The class aims to be supportive and fun.

You should wait until you have been given the go-ahead by your GP at your post-natal check before joining this class

Cost: 6-class course - £78. 1st course open to non-members.

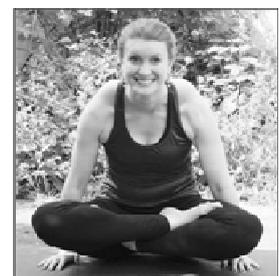
For more information or to book email bookings@boco-uk.com or call **020 8399 3930**

About the teacher:

Jo Harris trained with YogaLondon and specialises in Vinyasa Flow, and Pre and Post Natal Yoga. Her classes focus on mindfulness and mental wellbeing while integrating the breath with the movement. She hopes to guide her students to nurture a sense of lightness and play in their practice whilst focussing on stability, strength and alignment. As well as teaching and practicing yoga, Jo is a Yoga lifestyle blogger, writing for her own blog and for other online magazines.



Holly Hood has practiced yoga for a number of years before training as a vinyasa flow and pregnancy yoga teacher with YogaLondon. Her focus is on mindful movement of the body and integration with the breath. Having witnessed, first-hand, the benefits that yoga can bring to both the body and mind she is keen to pass this on to her students to enable them to take the teachings of yoga off the mat and into the world.



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