

Bring your baby to Post-Natal Yoga & Pilates!



When your baby reaches 6 weeks and you've had the go ahead from your GP, come and enjoy a Yoga or Pilates class at BoCo.

Our post-natal courses will help you to strengthen and start to tone your body while boosting your energy levels. Bring your baby to our relaxed PN classes where changing and feeding facilities are available.

Baby joins in with PN Yoga ☺

As part of the class, mum and baby interact and do a yoga practise together. Courses run:

Monday 12:30

Tuesday 11:00

PN Pilates with your baby coming to watch ☺

Babies in PN Pilates can sleep, play or watch mum. Courses run:

Wednesday 12:15

Thursday 10:30

Get in touch to find out which courses are running and for availability

Teachers: PN Yoga: Szilvia Themistocleous
PN Pilates: Aga Waszkielis

For more details: www.boco-uk.com

Or to join, Email: bookings@boco-uk.com or Call: 020 8399 3930