

Yoga for Pregnancy



Teacher – Jo Harris

Wednesday: 19:00 to 20:10

Prepare yourself for birth in BoCo's calm and relaxed environment. These classes are designed specifically for pregnancy. They include postures and breathing exercises adapted from classical Hatha yoga.

Pregnancy yoga will safely and without strain, help to alleviate common discomforts you might encounter during your pregnancy. It will help to:

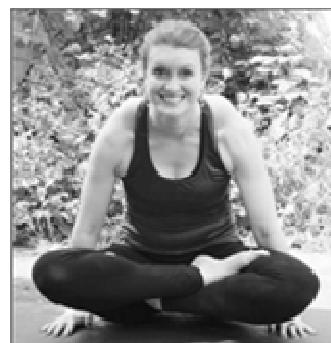
- Keep your body toned and supple
- Strengthen your body and prepare it for birth
- Ease the natural changes taking place in the body
- Reduce lower back and pelvic pain
- Reduce indigestion and heartburn
- Aid relaxation and provide advice relaxation positions that help reduce breathlessness, tiredness and sleep disturbance
- Maintain effective circulation to aid with swelling

Regular yoga practice can help you get much needed rest and emotional well-being, and give you the time to connect with your baby. It can be practised from the 14th week of pregnancy right up until the due date.

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

About the teachers:

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.



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