



## Mummy&Me Yoga

A wonderful way to bond with your baby, regain your strength, connect with others and feel great, one day at a time. These classes are specially designed to allow you to safely practice yoga with your baby by your side, or joining in. The babies can watch, sleep, play together or get involved in some of the exercises.

Classes are suitable from 6 weeks after a vaginal birth, or 8 weeks after a c-section, until your baby is on the move. The classes will take you through a progressive approach to help you build core strength and revitalise yourself class by class. Each term you will feel stronger and be able to do more.

Once you have been practicing for 6 months, you can then progress on to our other yoga classes to continue to explore yoga, have some you time and get fitter, stronger and leaner as you sculpt your body into shape and health. Mummy&Me yoga classes are very relaxed and flexible themselves, and babies often have their own ideas, so we adapt things to meet

\*Please note where you see an asterisk against a Mummy&Me which are ran at Children Centre locations this relates to a special discounted class

## ME-Time Yoga

This class provide the opportunity for mums to do something for themselves! Particular attention is paid to toning and strengthening the pelvic floor and abdominals. Muscle tension arising from feeding or carrying babies is alleviated by specific stretches which release and open the back and shoulders. Spinal and pelvic alignment exercises help improve posture and ease lots of the common aches and pains experienced by new mums.

Starting gently, we gradually build up to develop more strength, stamina and flexibility as the weeks go by. The relaxation, refreshments and chat all help Mums to feel refreshed and energised. If you had a baby a

year ago or more and never incorporated a dedicated postnatal training, you may not have fully strengthened your deepest core. This could mean you suffer with an achy lower back... if this sounds like you, feel free to book in and come along to class soon too.