

# Antenatal yoga course



Led by qualified antenatal Yoga teacher Alison Burton

- Suitable for those in 2nd and 3rd trimesters
- Low level exercises appropriate to your stage of pregnancy
- Includes advice on breathing techniques and relaxation

*Must be cleared fit and able to participate and you will be required to complete a medical questionnaire.*

Course 1: Fridays – 3, 10, 17 Feb, 3, 10, 17 March

Time: 1130–1230

Course 2: Saturdays – 4, 11, 18 Feb, 4, 11, 18 March

Time: 0915–1015

Cost: £36 – to be booked in advance



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