

# Yoga Live Online via Zoom Pro

With qualified British Wheel of Yoga Teacher

[www.sandralewisoyoga.co.uk](http://www.sandralewisoyoga.co.uk) Email: [info@sandralewisoyoga.co.uk](mailto:info@sandralewisoyoga.co.uk)

## Yoga for Pregnancy and Birth



Tuesday 6.00 -7.30pm

Gentle yoga, breathing techniques and relaxation to prepare for birth and beyond

Suitable from 14 week of pregnancy onwards

No experience needed. Friendly support class

## Postnatal Yoga with your baby

Tuesday 10.00-11.15am

Gentle, appropriate exercise after the birth of your baby

Reconnect with your body

Stretch, tone relax

Suitable from 6-8 weeks (10 C-sec) until crawling



## Yoga & Relaxation



Tuesday 7.45 - 9.15pm

Wednesday 7.00 - 8.30pm

Thursday 9.30 - 11.00am & 1.30 - 3.00pm

Great antidote to the demands of life

Release physical & mental tension

Develop flexibility & stamina

Promote calm, clarity & well being

through yoga postures, breathing & relaxation techniques