



PREGNANCY YOGA AND MEDITATION

Saturdays 10-11:15

at the **Gym and Tonic Health Club**

Broad Street, Hay on Wye.
(behind the Rose & Crown)

Starts 8th May

“Thank you Georgie for helping me to have a blissful birth and experiences with my baby once he was born. From your soothing voice and reassuring words to the music and explanations of how each yoga exercise affects my body and spirit, it has all stayed with me throughout my pregnancy, and during the birth of my son, and even now - 10 months on! If only all mums-to-be could experience yoga with Georgie...” Nuor, UK

Kundalini Yoga for pregnancy incorporates safe, simple, & effective exercises designed to strengthen & relax your rapidly changing body, preparing you for the challenges & joys of a conscious childbirth. Students report relief of back pain, heartburn, constipation & many of the other discomforts common to pregnancy. Deep relaxation, meditation & guided visualizations enhance breath awareness, release stress, fear & uncertainty, helps you embrace the changes to come as you connect with your baby.

Meet other mums-to-be over a cup of yogi tea after class!

Georgie is a peer breastfeeding supporter & also teaches open & private classes for adults, couples, children & teens.

01544 231 304/ 07807 550 653

www.healingspirits.co.uk

Please recommend this to any ladies you know who are pre-natal as this class is absolutely perfect to help you achieve a stress-free pregnancy and provide some ‘you’ time. Cat

