

New in 2018!

Pregnancy and Post Natal Yoga classes in Chudleigh.

Yoga uses a holistic approach to health using movement, breathing and relaxation techniques to achieve physical, emotional and spiritual well-being. This approach resonates particularly with pregnancy, birth and the time following the birth, all of which are times of change, adjustment and growth. Many classical yoga postures and relaxation procedures are ideal both for pregnancy and for post-natal care. Yoga supports the desire that many women have to be in control and to actively manage this time. It promotes self-awareness, confidence and feelings of empowerment at such a vital time.

Jan Williamson is a yoga teacher with many years of experience. These classes are for both pre-and post-natal mums. No previous experience of yoga is necessary. Babies are welcome to come along too.

Time – Thursday. 11.15a.m – 12.15p.m. Starting January 11th.
Venue – Chudleigh Town Hall

To reserve a place please contact –

Jan on 01626 853236 or 07808 361440

