

# pregnancy yoga classes (7.50 GBP)



Location

Yorkshire and the Humber, South Humberside

<https://www.freeadsz.co.uk/x-249051-z>



Bringing greater awareness and connection to mother and baby.... A 6 week yoga course designed specifically for pregnant mums to help prepare mothers to cope with the emotional, physical and mental changes within their bodies and prepare them for motherhood. Using poses, relaxation and breathing exercises to help guide you through the stages of pregnancy, labour and.



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