

Daisy Birthing Active Antenatal Classes



Location **South East, Kent**
<https://www.freeadsz.co.uk/x-316664-z>

Our all inclusive Active Antenatalâ„¢ method is a ground breaking, effective and all encompassing pregnancy class helping you to learn your antenatal education and active birth techniques in a truly effective way â€” anchored to your breath, your body and your movement â€” exactly where you will need it on your babyâ€™s birthing day. Our use of repetitive gentle flowing moves, incorporating some of our trademark â€œRotate to Dilateâ€ and â€œAccelerator Pedalâ€ birth-orientated positions will have you riding the waves of labour with ease! Classes support you on your journey as your baby grows with powerful, practical antenatal education, nourishing support and of course laughter too! Daisy Birthing® will help you stay active in pregnancy, ease those pregnancy symptoms and prepare you for a confident and calmer birth! Classes can be started from 14 weeks of pregnancy and are taught over a six-week term. Women can do as many terms as they wish until baby is born to help with muscle memory so that the techniques become inherent during labour. Plus you feel all the benefits through pregnancy too. Each class will deliver: â€¢ Traditional antenatal education â€¢ Active birth awareness â€¢ An easy way to understand medical induction and interventions â€¢ Flowing movement sequences anchored to your body and breath â€¢ Breathing techniques for every stage of labour. â€¢ Relaxation techniques â€¢ Peer-to-peer support in a women only class Classes are supportive of all birth choices and are adapted to suit (and in many cases help with) most pregnancy conditions and ailments. Daisy Birthing® A practical, educational and supportive journey through labour and birth. For more information please contact: or by phone at 07773685765 Classes in Tunbridge Wells, Kent and Hurst Green, East Sussex Lauren says "I have had the best experience and feel so much more positive about labour and birth. Love love love!" Fleur says "The birthing classes that Anna has been running have really prepared

me for labour. I can't imagine not having the valuable tools I have learnt from these classes. The classes have been educational, relaxing and so enjoyable. I can rest my head here: <http://www.kent.ac.uk/learning/continuing-education/foundation-continuation-classes/kent-and-peace-anna/>



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