

Daisy Birthing Antenatal Classes (12 GBP)



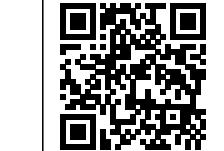
Location

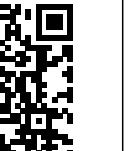
South East, East Sussex

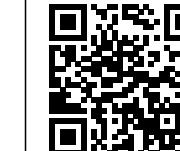
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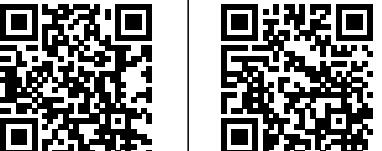

Are you looking for an antenatal class which will leave you feeling calm, confident and prepared for your baby's birth? Would you like to meet local friends in a friendly and welcoming class? Daisy Birthing is a Midwife-led class, giving you time out from your busy week to focus on you, your baby and your birth. Classes are a lovely combination of pregnancy yoga, breathing for the different stages of labour, knowledge to help you along the way and pregnancy relaxation. Also available: Daisy Parent and Daisy Tinies for the next leg of the journey :) £72 for 6 Birthing classes. To find out more or to book, please contact Lucy:

www.Facebook.com

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