

# Daisy Baby Massage and Yoga Classes



Location

**South East, East Sussex**

<https://www.freeadsz.co.uk/x-373984-z>



Daisy Baby™ Positive touch and movement for mum and baby: Our range of Daisy Baby classes are perfect for mum and baby, offering everything you could possibly need in one perfect little package. For Tinies, from the moment you enter the class, you will be guided through a lyrical journey of calming music, white noise, babbling brooks, gentle wind chimes, gurgling babies and beautiful relaxation music. In this lovely setting, your IPTI approved teacher will teach you soothing full body baby massage routines (including colic and calming routines), baby reflexology and gentle first-step baby yoga. Classes are fantastic for bonding with baby and developing together. Also great for parents struggling with colic, reflux, periods of inconsolable crying, getting baby to sleep. For the bigger wrigglers, classes are a colourful, bright and lively baby yoga based class, which includes movements for you and baby yoga movements for your little one. You'll enjoy: • A six-week term of baby massage and yoga • Postnatal support • Gentle postnatal movements for mums • Impartial education helping you learn to understand your baby, their cues and milestones • Progressive classes that are developmentally appropriate from six weeks to crawling through Tinies™ and Wrigglers™ • Classes are welcoming of all parenting choices. Classes are 'baby-led' so you can feed, change, rock and cuddle whenever baby needs. Timetable: Monday Christ Church Centre, High St, Tunbridge Wells Wrigglers: 10.00- 10.50 Tinies: 11.15-12.15. Wednesday Dunks Hall, Hawkhurst Wrigglers: 10.00- 10.50 Tinies: 11.15-12.15. £42 for 6 classes. Contact: click to contact Read more here: <http://thedaisyfoundation.com/antenatal-classes-in-kent-and-sussex-anna/>



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