



Maternity Yoga
Preparation for Birth and Beyond

Baby Yoga – and post-natal Yoga for Mums



- encourages healthy development
- improves breathing and circulation
- relieves discomfort of colic
- helps to improve sleep
- includes post-natal yoga for mum

Mondays 12.00 noon – 1pm, cost £5 per session

Capel Cana Vestry, Bancyfelin, (1 minute off the A40) SA33 5DX

To book, please contact Linda: Telephone: 01267 211 533,

Text: 07717 396 150

Web: www.yogamoon.info