

Yogabellies

Description

Service Description

Yogabellies Pregnancy Yoga is for any mum-to-be over 16 weeks pregnant and is suitable even if you haven't tried Yoga before.

This class offers yoga for pregnancy as well as birth education and all of the postures are adapted for pregnancy. We focus also on building strength and stamina for labour and keeping you fit and flexible. We cover a different topic each week such as bonding with baby or preparing for the big day.

Classes run in 8 weeks blocks and you will need to book in advance.

Each class lasts 1 hour and 15 minutes and you will receive a Yogabellies Birth Pack; which includes information on Prenatal nutrition, breathing techniques and some local pregnancy information. There is also a Yogabellies Deep Relaxation & Self Hypnosis for Childbirth CD included

Additional Information

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How to get to Burrells Wharf:-

- 10 minute bus ride from Canary Wharf
- 5 minute bus ride from Island Gardens DLR
- 5 minute walk from Masthouse Terrace Pier - Thames Clipper Boat Service

What to wear:-

Comfortable loose clothing that you can move in. e.g. leggings or jogging suit bottoms and a vest or t-shirt. Also bring socks and a warm jumper or cardigan for during relaxation.

PLEASE CONTACT PROVIDER TO PRE-BOOK YOUR SPACE.

Provider

Health Services

Yogabellies - Pregnancy Yoga

Contact Details

Telephone No

07958 240 855

Website

<http://www.yogabellies.co.uk>

Email Address

sharon@yogabellies.co.uk

Questions & Answers

Has A Service Description? Yes

Further Information

Provider Type	Delivery Channel	Referral Criteria
Health Services	E-Mail Telephone Web Site	None (Self-referral)

Address Details

Street Number

Burrells Wharf

Street

Westferry Road

Postcode

E14 3PT

Visit service website

Opening Times

Tuesday from 12:00 to 13:15

Friday from 18:00 to 19:15

Similar Organisations

Dial - A - Ride

Idea Store Canary Wharf

Sir William Burrough Nursery School

Energy Kidz Breakfast Club @ Arnhem Wharf

London School Of Music