



# PREGNANCY YOGA

**Thursdays 19.00-20.30 (Gooseberry Bush Café)**

Yoga celebrates the body's potential for carrying life. This class will help you to prepare physically, mentally and emotionally to birth-with-awareness. From 14 weeks onwards, no experience needed, cup of tea and chat included in each session. For more information contact: Indira Lopez-Bassols, M: 07414 490 090, E: [indirayoga@gmail.com](mailto:indirayoga@gmail.com)



**birthing + breastfeeding + yoga**  
**[www.indirayoga.com](http://www.indirayoga.com)**