

Intuition Pregnancy Yoga

Breath, Move and Relax to Birth - Pregnancy Yoga Classes Suitable for All. Pregnancy yoga classes offer an opportunity for women to relax and focus on bringing new life into the world - something that can get forgotten about on a daily basis with our hectic lifestyles. We practice breathing, movement and relaxation techniques to help you through pregnancy, labour, birth and beyond. No yoga experience necessary, all are welcome to come along and meet other Mums to be at our FEDANT and Yoga Alliance accredited classes.

Contact

Telephone 07715 421986
Email info@intuitionyoga.co.uk
Website <http://intuitionyoga.co.uk/>

Venue

Venue address Allendale Community Centre
Wimbome Minster
Wimbome
Postcode BH21 1AS
Locality East Dorset

Other information

Availability All year
Opening times Tue: 19:45-21:00
Additional Information Get in touch for further information.

Some activities and family support services listed in our directory may be cancelled, postponed, or running in a different way due to coronavirus restrictions. Please contact providers to check for information about any changes.