**Pre Natal Yoga Classes**

Colin Sure Start are delighted to be working with Tara Thompson, Certified Yoga Bellies Teacher.

YogaBellies pre-natal yoga classes are gentle and safe for all women. Pre natal yoga focuses on a different aspect of pregnancy and birth. It is more than just a yoga class, it is also training in deep relaxation and preparation for birth and motherhood. Classes also helps you prepare for birth and is so much more than just physical stretching.

Due to Corona Virus (Covid- 19) classes are currently being delivered live via ZOOM in the comfort of your own home. To join in a class participants need to be able to download the ZOOM Meetings App app onto their phone/tablet or PC.

Access to the yoga group is by invite only. Our current group commenced on April 29th for 6 weeks. Our next class is on Tuesday May 5th at 6.30 pm. If you are interested in joining please contact Maggie Morgan on **mobile 079900725549** for further details.

**Please Note**

Classes are open to all healthy pregnant women who live in the Colin Surestart area, whether you are new to yoga or have years of practice.

Classes are gentle, safe and suitable from 6 weeks all the way up until you have baby.

If you have any Pre-existing medical conditions or have had any serious problems during pregnancy, please run this past your GP before starting the class and discuss with Tara your YogaBellies teacher. Please don’t worry if you have never done yoga before, a lot of the mums will be trying it for the first time and our classes are suitable for all levels.