

# Beautiful Birth + Beyond



## Antenatal Yoga Class FAQ

### When & where are the classes? How much do the classes cost?

The group classes are on a Monday evening at our beautiful Yoga studio in Hanley Swan, near Malvern, from 6.00-7.15pm. Detailed directions are provided when you enrol. The classes are very popular and we maintain a waiting list, so it is good to get your name on the list as soon as possible.

The classes cost £80 for a block of *eight consecutive sessions*. Unfortunately, there are no refunds for missed sessions as you are effectively reserving your place in the group. This is payable on the first class.

### What do I need to bring?

Yoga mats and blocks are provided, but feel free to bring your own if you prefer. You will need to bring an exercise ball which is widely available (e.g. Argos). You need to purchase the 75cm size and inflate it until it is very firm and hard to the touch.

### What should I wear?

Wear loose comfortable clothing. We usually practice Yoga in bare feet, but discuss this with the teacher if it is likely to be an issue.

### Can I just drop in to the classes?

Unfortunately we do not offer drop-in classes. This allows us to keep the groups comfortably small (max 12 students), ensures continuity and helps to build a mutually supportive group environment.

### How soon can I join the classes? Is it too late for me to join the classes?

You can join the class from 14 weeks. However, we often have a waiting list, so it can be a good idea to put your name on the list earlier. If you are already beyond 14 weeks you can still join as long as you have time for the 8 week course before your due date.

### What if I haven't done any Yoga before?

No problem, no previous experience is required or assumed.

### I can't make the classes or attend regularly

We also offer individual sessions where we can design a tailor-made programme to meet your particular needs. This suits some women better, particularly when they do not have a regular schedule or the class times are not suitable.

Beautiful Birth + Beyond

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