

Postnatal & Baby Yoga Course



The focus of postnatal yoga is to improve your own physical, mental and spiritual well-being after the birth of your baby, to meet other new mums and to have fun with your baby.

Yoga is suitable for all ages and abilities, and postures and activities can be adapted to meet the needs of the individual

Benefits of postnatal yoga for the mother

- Aids post-natal recovery and help relieve common ailments (for example pelvic floor healing, sacro-iliac pain, high blood pressure, mastitis, piles, back ache, anaemia, anxiety, stress etc.)
- Boosts energy
- Learn breathing and relaxation techniques
- Strengthens and tones your body
- Provides an opportunity to meet other new mums and share your experiences
- Lets you have fun time with your baby

Benefits of postnatal yoga for the baby

- Helps with colic, constipation, irritability, poor sleep, respiratory problems
- Soothing, calming and sensual pleasure, builds confidence, trust and a relaxed rapport with the parent
- Provides an opportunity to meet with other babies

The following information covers common questions often asked by students new to my classes

Preparing for a class

- Although it is advisable not to have a big meal before a session, you may want to have a snack such as a banana, to help maintain your energy levels up, especially if you are breastfeeding.
- It is sensible to empty your bladder before you practice Yoga.

What should I wear?

- You should wear comfortable clothing that you can move easily in (elasticated waist bands are more comfortable than zips).
- For your own safety we will practice postures in bare feet.

What do I need to bring with me?

- You need a non-slip rubber mat. If you don't already have one, you can buy one from me for £10
- Socks and a top to keep you warm during relaxation.
- A blanket and a pillow would also make you more comfortable during relaxation. There are some cushions and pillows provided in the room.

What do I do if the baby needs to....?

Your baby is our first priority. You should feel free to feed or change your baby during the session if you need to.

All babies cry and you should try not to feel uncomfortable if your baby cries during a session. We are all mums and used to crying babies and no one will mind.

Directions to Hampton Lovett Parish Hall, WR9 0LU

From the Homebase roundabout, take the A442 towards Kidderminster.

At next roundabout continue on A442.

After about $\frac{1}{4}$ mile take the right at the sign 'Hampton Lovett Church' into 'The Forest'.

Over the speeds bumps - the hall is on your left.



I have been practising yoga for over 15 years and I am a fully qualified British Wheel of Yoga (the official body of yoga in the UK) teacher. I have trained as a specialist Yoga for Pregnancy and a Postnatal and baby yoga teacher. I am a mum of 3 children under 4 years so understand the mixed emotions and challenges that being a mum can bring.

For more information please contact Janine Rusby

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Website: www.yoga-wellbeing.co.uk

To book your place on a course please return the enclosed booking form, cheque & student questionnaire

Postnatal Yoga Course



A six week course

*Tuesday mornings
Hampton Lovett Parish Hall,
Droitwich Spa*



THE BRITISH WHEEL OF
YOGA