

Starts

Tuesday 9<sup>th</sup> June

5.30pm - 6.45pm

The Coddendam Centre,  
Mary Day Close, Ipswich, IP6 9PS



**BOOK NOW**



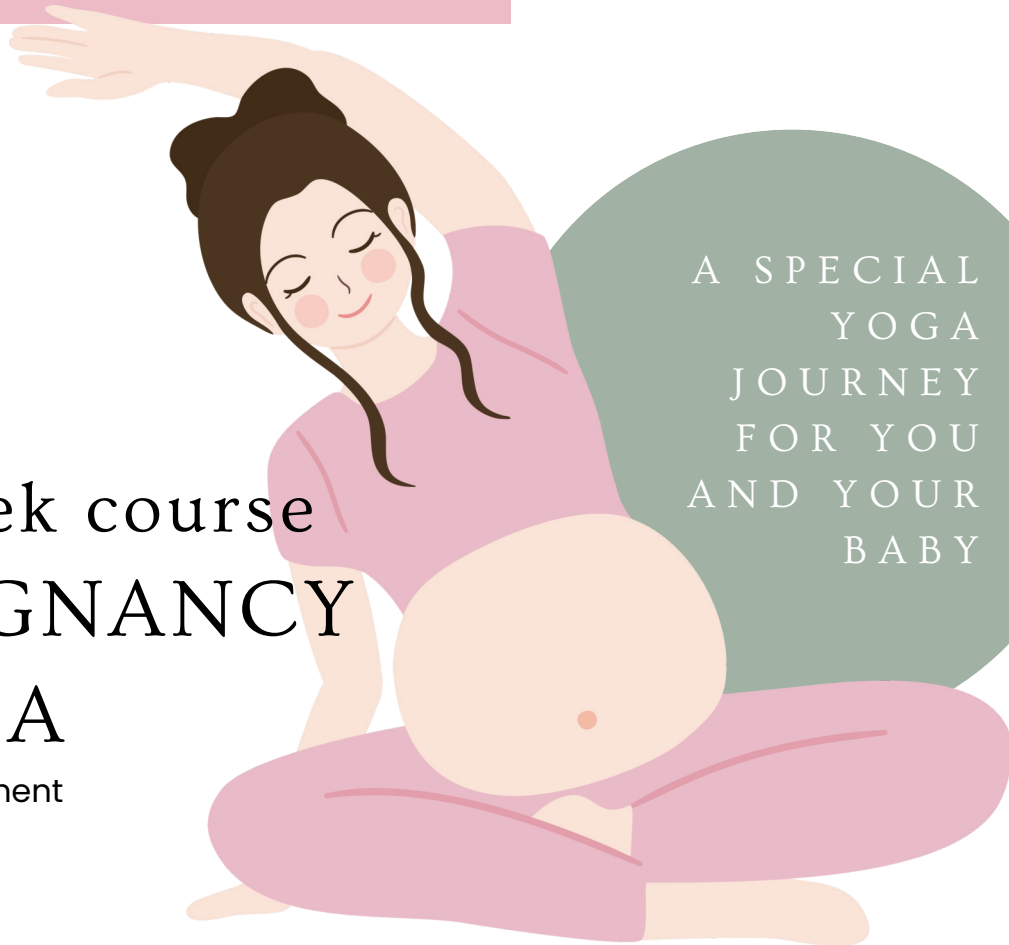
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# 4 week course PREGNANCY YOGA






£56 investment

A SPECIAL  
YOGA  
JOURNEY  
FOR YOU  
AND YOUR  
BABY



Led by Kat Lillingston  
(KFL Yoga)

Experienced yoga teacher,  
pre / postnatal specialist  
and mother of two

-  Increase strength, flexibility & stability to support you through pregnancy, labour, birth & beyond
-  Learn & practise breathing techniques to calm & focus the mind
-  Ease aches & pains to help the body settle, resulting in deeper, more comfortable sleep
-  Embrace quiet time to bond with your baby with guided meditations
-  Meet other mums-to-be, with time to chat, share, and enjoy a cup of tea together after class

“Your yoga sessions really have been one of the highlights of my pregnancy journey. You are such a natural enthusiast and so encouraging and supportive - Katie”