

# postnatal y<sup>o</sup>ga

yoga for health and harmony

*transform your life with yoga*



## Classes running

Thursdays

11am-12noon

Inverkeithing Civic Centre



## What are the benefits of coming regularly to a yoga class?

Regular yoga classes will improve your flexibility and your posture. You will experience an increase in your energy levels and feel more vital, and more relaxed. Yoga brings the mind, body and spirit into harmony. Baby yoga can help with problems such as stomach discomfort and sleep. Baby yoga also helps your baby to learn and enjoy the world. It is specially devised to both stimulate and soothe your baby.

## Previous Experience

No previous experience of yoga is required. The class is specifically designed for your postnatal body and focuses on areas such as the abdominals. Classes are designed to suit a range of needs and poses are modified accordingly.



## What do I need to bring?

1. A yoga mat (pilates or camping mats are fine too), Tesco does a basic mat for £5.
2. Soft trousers and bare feet – ideal for doing yoga.
3. A blanket or jumper for relaxation at the end.
4. Completed registration form if possible.

\*If late for class please come & join the class with the minimum of disruption.

## How will I feel after yoga?

Physically you will feel your body is softer and stronger. With time you will notice discomforts melt away and your range of movement increase. After yoga you will feel more relaxed, and more able to cope with challenges.

## What if I'm not sure about something?



Please ask me, if you're not sure about a pose, or how it feels for you. There are many ways to adapt poses to make them more comfortable and appropriate. Please let me know at the beginning of each class of any changes in your health.

## Booking your place

Classes run and paid for termly with the Fife school holidays, for dates: [www.theyoga.co.uk/terms/](http://www.theyoga.co.uk/terms/)

£6 per class. For termly costs and to confirm your place by paying online: [www.theyoga.co.uk/classes/](http://www.theyoga.co.uk/classes/)

For example an 8 week term costs £48, & a 12 week term £72.  
A 1/2 option is available for Jan-Jun classes, based on £7 p/class.  
Please see website and contact me for concessions.

Maps of where venues are: [www.theyoga.co.uk/venues/](http://www.theyoga.co.uk/venues/)



[theyoga.co.uk](http://theyoga.co.uk)

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Susannah Dean

Qualifications: Inner Yoga Trust,  
British Wheel of Yoga, Yogabirth, IAIM  
*rejuvenate, restore, revive & relax*