



Pregnancy & Baby Classes

07716876511



MamaBaby Bliss

Startling and preparing mums, babies and mums-to-be

Classes

- Hypnobirthing (The Wise Hippo)
- Pregnancy Yoga
- Birth Preparation Workshops
- Baby Massage & Baby Yoga
- Hypnotherapy breech baby scripts
- Hypnotherapy & NLP Practitioner
- *Group and Private Classes available*



Mama's Baby Bliss

Nurturing and pampering mums, babies and mums-to-be

NEW! Pregnancy, baby and toddler classes



Pregnancy Yoga

Small classes tailored to all trimesters to nurture you and your 'bump'. Suitable for all stages of pregnancy from 12 weeks onwards.

Baby Massage

Learn techniques to settle and soothe your newborn baby. Helpful for wind, colic and encouraging sleep. Suitable from birth to crawling.

Baby Yoga

Fun and dynamic classes that develop your baby's neural and sensory motor skills. Gentle yoga and relaxation for parents too!

Suitable for babies from 10 weeks to crawling.

Toddler Yoga & Massage

Unique classes founded on yoga and massage techniques that have been adapted for babies and children from advanced crawling to 3-years-old.

Spaces are very limited so early booking is essential!

To find out more information or to book online visit
www.mamababybliss.com/teachers/lindanorman

Contact Linda Norman on 07716 878511

or email: **linda.norman@mamababybliss.com**

Linda

04716878511