



MOTHER
FIT
MIND BODY SOUL

Azeeta Nielsen
Doula, Hypnobirthing workshops
Massage, NCT classes and feeding support

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Qualifications

FHT Massage (pregnancy, postnatal, swedish, deep tissue)
FHT Baby massage
NCT L5 Antenatal Teacher
Birth & Postnatal doula (Developing doulas)
The Little Birth Company Hypnobirthing Teacher
MAM 3 step rewind technique
Mindful breastfeeding supporter training
CPD Biomechanics for birth
Closing the bones massage

DISCLAIMER

This video should not be taken as medical advice. This video offers pregnancy, post-natal health, fitness and lifestyle information for education only. You should not rely on this information as a substitute for or replacement of professional medical advice, diagnosis and treatment.

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Always consult a medical practitioner for specific advice tailored to your needs.

