

Mummas Ultimate Birthing Class

The Ultimate in Birth Preparation: at the Canterbury Yoga Studio

Sundays 6.30-8pm

Yoga & Hypnobirthing inspired. Midwife Led.

All abilities. All body types. Perfect for meeting other expectant Mummas and forging that all important 'Mums Group'.

Mummas Ultimate Birthing Class is a wonderful mix of pregnancy movement & relaxation, geared towards labour.

Led by Sam: midwife, antenatal & hypnobirthing instructor and mum!

Start as early in your pregnancy as you like and continue through to your due date. Complex pregnancies are welcome!

Booking is essential and can be done here:

<https://www.mummasandbeans.co.uk/canterbury-ultimate-birthing>

Bookings are for 6 week blocks so you see the same mums each week, perfect for forming that all important Mums Group!

Why not combine this with the Mummas Complete 5 week couples antenatal class? You'll learn all about labour, birth and the 4th trimester and this includes infant feeding and newborn baby care.

You can find out more here:

<https://www.mummasandbeans.co.uk/canterbury-mummas-complete>

Hypnobirthing Add-on class:

<https://www.mummasandbeans.co.uk/canterbury-hypnobirthing>

100% recommended by Mummas Mums

Contact Sam directly:

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