



Postnatal yoga at Wintern House

A nurturing class for mothers in the months after birth

Through gentle movement, breathwork and relaxation, you'll have the opportunity to care for your body, restore your energy, and connect with other local mothers, all with your baby by your side.

With Harriet, a mother, midwife, yoga & hypnobirthing teacher.



**Starting Wednesday
15th July, 11:30**

5 week block £50

@harrietbirtwistle

www.harrietbirtwistle.com