

Pregnancy Support Newsletter

January 2022



Slow down you are growing a human.

Yoga Classes

Saturday 10.45-12 pm

Anahata Yoga Centre

All pregnant people welcome from 15 weeks

LGBTQIA+ friendly.

Website: anahatayogacentre.com/pregnancy-yoga/

Classes: [anahatayogacentre.com/timetable/
filter 'All Classes'](https://anahatayogacentre.com/timetable/filter%20All%20Classes)

Hypnobirthing

The Better Birth Club: Game-changing antenatal courses for a calm & confident birth.

If you're looking for friendly antenatal classes that will have you and your birth partner feeling completely supported, relaxed, and ready for birth, you are in the right place!

Ash, is a Royal College of Midwives accredited hypno-birthing practitioner, mum of two & total birth physiology nerd. She help's people just like you to completely change the way that they prepare for, navigate & experience their babies' birthdays.

Website: www.thebetterbirthclub.co.uk

Instagram: [the.better.birth.club](https://www.instagram.com/the.better.birth.club)

Cranial Sacral Therapy

A gentle light touch treatment offered to support the body throughout all stages of life, deeply supportive, relaxing, aids sleep soothes the nervous system. CST works in harmony with the body's own healing systems.

Website: dawnlister.com/cranial-sacral-therapy/

Email: dawnlistertherapycentre@gmail.com

Telephone: 07988384354

Pregnancy Massage, Reflexology, Fertility Support, Post Natal Support

Tracy Richards Therapies

Facebook & Instagram: [tracy_richards_therapies](#)

Telephone: 07799475592

Pregnancy Massage with Claire Fynch

Claire specialises in pregnancy massage, a holistic approach incorporating massage, posture, breath work, connection and partner work where required. Bespoke treatments tailored for specific needs throughout each trimester.

Facebook & Instagram: [Balancefromwithin](#)

Telephone: 07854336655

**Pre and Postnatal Pilates Groups
and 1-1's Mat Work and Reformer**

Website: www.klmpilates.co.uk

Instagram: [katy_ahrens](https://www.instagram.com/katy_ahrens)

Telephone: 07970392021

Classes: anahatayogacentre.com/timetable

Post Natal Parent and Baby Pilates

Charlotte Herridge

Pilates Plus+

Website: www.pilatesplusessex.co.uk

Facebook & Instagram: [pilatesplusessex/](https://www.facebook.com/pilatesplusessex/)

Email: pilatesplusessex@outlook.com

Telephone: 07980936308

Free Resources

Yoga Nidra

A deeply restorative practise to recalibrate the nervous system, relax and aid sleep. Yoga Nidra is a MUST for all pregnant people. Practise daily, use as an aid for sleep or when feeling tired and overwhelmed.

Yoga Nidra Class: youtu.be/9dgXaLUHSDI
Yoga Nidra Class: youtu.be/JPLhYQu_Sxs
With your teacher Dawn Lister

and

Baby Bond Yoga Nidra for Pregnancy:
youtu.be/3Eqzn7_YtUw
With renowned pregnancy Teacher
Uma Dunsmore Tuli

Pregnancy Yoga for Morning - 20 Minutes:
youtu.be/nqOjhHkQ4Bs
With Ally Boothroyd

www.dawnlister.com
www.anahataleighonsea.com