

LUCY JANE  WELLBEING
PREGNANCY YOGA



FOUR WEEK COURSE

Thursday evenings in Cheam Village

See website for next available course dates

We will cover yoga to support and alleviate the physical symptoms of pregnancy, yoga to help preparations for birth and yoga to create some calm and relaxation along the journey. Meet other local expectant parents and join our community.

Intimate, small groups. For questions and to book, please visit my website:



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at The Chatsworth Studio, Cheam Village, SM3 8AY

www.lucyjane wellbeing.co.uk

