



## **YOGA FOR BABY AT Mulberry House with Avril Berry Wednesdays 10.45 -11.45 am**

Welcome to Yoga Class,

I have detailed some information below for you but if you have any further questions please do not hesitate to ask me before or after class.

Things to wear: comfortable clothes, which allow you to move and breathe easily, e.g. t-shirt and sweatshirt, leggings or jogging bottoms. We practise with bare feet. Things to bring: cosy jumper or blanket for relaxation at the end allows you to relax more easily and cosily; a bottle of water. If you have a Yoga mat bring it along, otherwise you could borrow one. Bring a small blanket and favourite toy for baby. It is best not to eat a meal just before coming along to Yoga class. Allow 3 hours for a meal, though you can have a light snack a couple of hours before. Babies can be fed throughout the class and I can advise you about the postures and movements which can be practised after feeding.

Classes are £8 per class, payable in advance, in blocks of 7 which is £56.00. Classes are generally on-going throughout the year with the exception of some holidays. By continuing payments in blocks this secures your place in the class. If you know you are not going to continue with the next block then please let me know in advance. Payment can be made by card, cash or cheque to Avril Berry. Regretfully payment for missed classes cannot be carried over.

If you have to miss a Yoga for Baby class then why not come along to one of my adult Yoga classes to make up in that same week.

**My adult Yoga classes at Mulberry House are on Wednesdays 12-1pm or Thursday evenings 6.15-7.45pm or 8.15-9.45pm. The evening classes can get busy so do email me and let me know to ensure a place in the class.**

If I have to cancel the class, then as far as possible I will endeavour to notify you as soon as possible and you will be credited with another class. Do make sure you take time to complete the Registration Form. This information is strictly confidential and is for my knowledge only so that I may guide you correctly in class.

Yours in Yoga,

Avril Berry  
Yoga Teacher and Yoga Therapist  
[www.yogaforbaby.com](http://www.yogaforbaby.com)

e: [savitrivedi@aol.com](mailto:savitrivedi@aol.com)  
[info@yogaforbaby.com](mailto:info@yogaforbaby.com)

### **Breath Gym Course**

Please let me know if you are interested in this empowering 6 month course to discover the power of the breath. Breath Gym runs annually October – March.

**Jala Neti Workshops** – exploring the ancient practice of nose cleansing – for clearer thinking and easier breathing – ‘for anyone who breathes’.

**Breathe Workshops** – discover the value of breathing in these introductory workshops