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The Venue Leisure Centre  
Elstree Way  
Borehamwood WD6 1JY

# ***Pre/Post Natal Yoga***

**2 new classes designed for  
mums-to-be and new mums!**

**Every Wednesday**

**Pre Natal 12.30 - 1.30pm**

**Come and meet other pregnant ladies in a class designed specifically to improve strength & flexibility in pregnancy from 2nd trimester\*. Breathing techniques may also be helpful during childbirth.**

**Post Natal 1.30 - 2.30pm**

**Baby is welcome in car seat/pram as we will dedicate an area for sleeping babies. This class can be started about 6 weeks after birth\* and is designed to help strengthen abdominal & pelvic floor muscles, regain strength, help relaxation and boost energy levels.**

***Book at Reception or by calling 020 8386 9886***

***\* You should check with your doctor before starting these classes***