



2018

Pregnancy Yoga & Pilates Class

Thursdays, 7.15 – 8.45 pm

St Albans Hall, Charles Street, East Oxford, OX4 3AH

Discount card £48 for 6 classes (valid 3 months)

£11 drop-in

From week 14 of your pregnancy

11 Jan – 8 Feb

22 Feb – 29 March

12 April – 24 May

7 June – 26 July

9 Aug – 23 Aug

6 Sept – 18 Oct

1 Nov – 20 Dec

A lovely, friendly and relaxing class. A place you can learn safe and gentle ways to relieve pregnancy aches and pains. Slow down and connect with your new baby. Come and make new mum-to-be friends! Relax, breathe and get strong for labour and motherhood.

**Osteopathy, Acupuncture, Massage,
Yoga & Pilates Clinic**

Birth Preparation

Induction for labour

Breech & optimal foetal positioning

Pelvic Girdle Pain

Baby & child treatments

**Learn baby massage and yoga routines – bespoke,
Blissful Bedtime and Happy tummies**

Post-natal revival & mother warming

Pelvic floor recovery

Mummy tummy muscle separation repair

One to one yoga and pilates sessions

FREE Family Walking Group!

'Toddles and Waddles' (working title!)

Coming soon in 2018

For pregnant women, new parents, pre-schoolers, grandparents, friends and any other family members, including furry ones! An easy walk for slings, buggies and bikes, where we can chat, get fresh air, hopefully some sun, and probably some cake too! Maybe there will be some outdoor fitness and yoga too!

To find out more please contact – Sara Barker

**Family Osteopath & Cranial Osteopath, Yoga, Pilates &
Massage Teacher, Acupuncturist**

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**Facebook: Hands-On-Family-Health-Oxford
www.HandsOnFamilyHealth.co.uk**

Childbirth Preparation Workshops

Saturdays

East Oxford

£65 per couple (maximum 3 couples)

At any time in your pregnancy, especially from wk 28

13 Jan, 24 Feb, 24 March, 21 April, 19 May, 16

June, 14 July, 8 Sept, 6 Oct, 3 Nov, 8 Dec.

A fun workshop where you will learn positions, breathing and visualisations for labour. We focus on techniques to get labour started and progressing well. Birth partners can learn easy acupressure and massage routines for labour. Research shows these powerful techniques reduce pain levels and interventions. Women report feeling calmer and more in control using these simple techniques. And practicing them helps you feel amazing in the last weeks of your pregnancy!

Mum & Baby

Yoga, Pilates & Massage Class

Thursday mornings, 11.15 – 12.30

St Albans Hall, Charles Street, East Oxford OX4 3AH

Discount £39 for 6 classes (valid 3 months)

£8.50 drop in

Babies from 6 weeks to 12 months (or too wriggly!)

11 Jan – 8 Feb

22 Feb – 29 March

12 April – 24 May

7 June – 26 July

6 Sept – 18 Oct

1 Nov – 20 Dec

These are lively classes where you and baby can play! Each class supports a different aspect of your baby's health and development. There is always time for post-natal yoga, pilates and relaxation for you too! Graded exercises are suitable for all levels including C-section mums. We use lots of songs and movements to make the sessions fun and memorable.

NEW DROP IN GROUP

'The After Party' (working title!)

Thursdays 12.30 – 1.30 pm

St Albans Hall, Charles Street, East Oxford OX4 3AH

Free or £1 donation to cover hall cost

11 Jan – 8 Feb

22 Feb – 29 March

12 April – 24 May

7 June – 26 July

6 Sept – 18 Oct

1 Nov – 20 Dec

A place to hang out after baby yoga. Where pregnant women and those with new babies can come and get help and support. Graduates and those with pre-schoolers are very welcome to come along too. There will be mini-sessions from local experts. A wonderful community space mixing pregnancy, new parents and old hands.