



MUM & BABY YOGA

Thursdays 11.15-12.45

With Birthlight & Scaravelli Inspired Yoga Teacher Eve Mackie

Contact Eve: littleoasisyoga@gmail.com 07825321496

Meet other mums and mums to be. Friendly and supportive circle, whether you are new to the practice or have a regular yoga practice in place....

We explore essential oils to support mother's postnatal time and to safely nurture baby, bringing about a deep sense of well being and parent and child connection.

Breathing practices and relaxations support baby's rest and digest.

Posture allow a gentle interplay of mutual bonding and individual strength.

Eve is a mum of 4 children who has been teaching yoga for over 10 years and happy to share the Birthlight approach of parent and baby yoga and massage.