

Confidence and control during your birth

# NCT Yoga for pregnancy classes



- Small, interactive classes
- Gentle yoga-inspired exercise, breathing and positions
- Weekly sessions for women from 12 weeks of pregnancy

Find your nearest class now at

[www.nct.org.uk/confidence](http://www.nct.org.uk/confidence)

UK's largest parenting charity

NCT is a registered charity (England and Wales): 801395

# NCT Yoga for pregnancy classes

Our courses use gentle yoga-based exercises and stretches to prepare you for birth. As well as classic yoga poses, we focus on positions for labour, breathing and relaxation techniques. The class will be very gentle, suitable for beginners from 12 weeks pregnant all the way until you give birth.

The class is a time to relax, focus on your new baby and think about your wishes for the birth, with practical tips and plenty of time to ask questions. It's also a great opportunity to meet other expectant mums.

Benefits from the classes include:

- **Reduced aches and pains**
- **Improved quality of sleep**
- **Improved posture and body awareness**
- **Better bonding with unborn baby**
- **Increased confidence approaching birth**
- **Boosted ability to cope with labour**

Concessionary rates available

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