


Antenatal YogaBellies For Pregnancy Classes



Hi Edinburgh Mummies!

First of all congratulations on being pregnant  ! My name is Rosy and I am a YogaBellies perinatal teacher and I offer Pregnancy Yoga classes in these following venues, days and times:

Monday evenings at 7:15pm at Media Education, 183 Dalry Road, Haymarket EH11 2EB.

Thursday evenings at 7pm at The Oxbgangs Neighbourhood Centre, 71 Firrhill Drive, Fairmilehead EH13 9EU.

Friday evenings at 6:30pm at Fitness Chicks Studio, 1 Porters Walk, Quartermile EH3.

Sunday mornings at 11am at Ashtanga Yoga Edinburgh, 43 Argyle Place, Marchmont EH9 1JT


I am taking bookings now – An 8 week block of classes including :

£5 discount when booking a block of post natal classes (choose baby massage or mum & baby yoga) and a YogaBellies Yoga Birth pack (in a lovely canvas YogaBellies® tote bag) with prenatal nutrition, information on all things pregnancy and birth and deep relaxation and self-hypnosis CD to accompany your classes. These classes are fun and light-hearted where not only you will be doing yoga, but you will meet new mummies and create a support network and make new friends. If you would like more information please email me any questions you may have, I look forward to speaking to you lovely ladies and hopefully I will have the pleasure of meeting you at my

classes  !

An 8 week YogaBellies for Pregnancy block costs £85.

We offer tuition at all levels and my sessions include yoga postures to build strength and stamina for pregnancy and labour; breathing techniques and deep relaxation techniques to allow mums to remain calm and focused.

If you would like more information please give me an email 

Booking is essential for these classes due to demand.

Submitted by [Rosy Grieco](#)

