



**PLEASE READ THE FOLLOWING INFORMATION CAREFULLY
(Keep in a safe place - these are your terms and
conditions)**

Ante Natal Yoga classes – Venues:

Wednesday evenings: 6.30pm – 8pm @ Barkantine Birthing Centre, 121 Westferry Road, Canary Wharf, E14 8JH (£15 per class paid in 10 week block or 4 weeks in advance. If you are near to your due date, you then pay weekly after 38 weeks and that is on a drop in basis.

Saturday mornings: 10-12.00pm @ Wanstead Quaker Meeting House, Bush Road E11 nearest tube Leytonstone. Or Take the A12 to Green Man Roundabout exit, take left turning towards Manor Park and Meeting house is a couple of hundred yards on right, with ample parking facilities outside.

Monday mornings: 10.00-12.00am @ United Reformed Church, Buxton Road, E4 7DP 3 mins walk from Chingford station and Station Road.

Monday Evenings 6.45-8.45pm @ Wanstead Quaker Meeting House, Bush Road, E11

To confirm you're booking please send your cheque for £25 to Arlene Dunkley-Wood, this prepays the first class and the registration fee. Also send the completed registration form. Downloadable format on www.yoga4birth.co.uk

Send to Arlene Dunkley-Wood, 154 Kings Head, North Chingford, E4 7NU

For your first class please come 5 minutes early to fill in a registration form and make the monthly payment of £60. Please wear loose comfortable clothing (most people wear leggings/track suit pants and T-shirts) and have bare feet.

The yoga classes are 1½ or 2 hours long and are specifically tailored for pregnancy. The classes include yoga, breathing, relaxation and visualization, concentrating on aspects relevant to pregnancy, labour and birth. Yoga has a particularly positive effect on the stresses and strains that sometimes come with pregnancy. Backache, constipation, cramp and many other complaints are relieved and sometimes removed through our practice. The breathing learned in classes is extremely helpful in labour as it promotes relaxation.

At the end of the class we may have a biscuit and time for discussion, asking questions, meeting other mums-to-be, etc. Sometimes a member of the group comes back with her new baby to tell us her birth story. Occasionally I invite a homeopath or other therapist to tell us how they work and its value for pregnancy and birth.

Fees: for the classes is payable one month in advance until your due date or 38 weeks. Thereafter you pay weekly till your baby is born. If you miss a class you are still charged, as you are booking a place. **Once you have started a class I expect you to continue until the baby is born. If you have to leave the group earlier than expected (do call and talk to me), please give me two weeks notice or I will expect you to pay for the missed class/es. PLEASE NOTE Fees are non-refundable and non-transferable. You will be invoiced for outstanding payments.**



Services on offer:

❖ MONTHLY: One Day Labour and Birth Preparation Workshop

This aims to empower you and your partner/support person to decide and negotiate what you want during labour. We cover: the natural physiology of labour; positions for labour and supported birth positions; massage in labour; natural and alternative methods for inducing labour. Water-birth, home-birth and many other issues are also discussed.

These courses are held monthly: Sundays from 1.00 – 5.30pm. They are held @ Bodywise 119 Roman Road, Bethnal Green E2. The course can also be tailored for individual tuition and arranged on a 2-1 basis when convenient.

❖ BREASTFEEDING WORKSHOP

This 2-hour afternoon/evening workshop is to encourage woman with support of partners to breastfeed their babies. Men are required to come and learn how to give support and reassurance to their partners. Check website for up to date course details.
www.yoga4birth.co.uk

❖ Post-natal Yoga Class and Baby Massage

Post natal Yoga held: Saturdays 12.05-1.15pm Post natal @ Quaker Meeting House
Baby Massage 6 week courses, Wednesdays 11-12.15am @ 154 Kings Head Hill Chingford E4. 02089236452 or Arlene@yoga4birth.co.uk

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If you have a problem that you cannot bring up in class please feel free to phone me. You will probably find however, if you do mention it in the class, that there are many others who feel exactly the same as you do. Individual counseling sessions can be arranged if necessary.

Shop items:

I have nursing bras, herbal remedies, books, homeopathic kits, and birth balls. I am an agent for Splash down water births (Oval or inflatable pools on offer) available to hire to have at home or take into hospital.

FEES: Massage/Cranio-sacral Treatments, groups and one to ones

- £60 for first and follow-up £50 for 45mins to 1 hour session

- Baby massage - £60 per course of 5 weeks or £120 for 10 weeks

Pre-natal Yoga session - £15 each – monthly in advance £60

Post-natal Yoga sessions - £100 or £85/£75 concession for 10 weeks each or

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Birth Preparation Courses - £100 per couple - £60 per person.

Private courses - £50 per hour/ Concessions £40

Breastfeed course - £30 each or £60 per couple

Concessions are available to those in genuine need. (Proof has to be provided) £10

Support post delivery: the immediate days of breastfeed are sometimes difficult please contact me if you are in need of support, reassurance and advice there will be a charge of £10 per 15min call. Other women have found these phone appointments to be extremely valuable, turning an anxious time of getting breastfeeding established, into a positive experience. Do call. 0208 923 6452

For further information regarding any of the above services as well as possible private consultations please call Arlene during office hours (preferred days Tuesdays 12.30-1pm. or leave a message on my machine. I will get back to you ASAP.) No longer available at weekends - (020) 8923 6452 or look at website www.Yoga4Birth.co.uk email Arlene@yoga4birth.co.uk [check out diaries or news for up to date information.](#)

I look forward to receiving your confirmation soon.

Arlene Dunkley-Wood

Active Birth/Yoga4Birth Teacher

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