

## Pregnancy Yoga With Kim Jones

Monday evenings at 6pm to 7.30pm - Pregnancy Yoga is accessible to all women, whether they are yoga practitioners or new to yoga. It has pioneered adaptations of classic yoga from pre-conception to the postnatal year and continues to innovate with both micro-movements and flow sequences. Caring, relaxed and nurturing classes offer a continuity of support that is often missing in maternity services. Booking required.

### Contact

**Telephone** 07990 501207  
**Email** [kimlinares@hotmail.com](mailto:kimlinares@hotmail.com)  
**Website** <http://www.dorchester-yoga.co.uk/>

### Venue

**Venue address** 14 Trinity Street  
Dorchester  
Dorset  
**Postcode** DT1 1TU  
**Locality** West Dorset

### Other information

**Availability** All year  
Weekday  
**Opening times** Mon: 18:00-19:30  
**Cost variations** £32 for 4 classes to be used in a 6 week period.  
**Additional Information** Kim Jones is a qualified yoga teacher with Yoga Alliance and hold the British Wheel of Yoga pregnancy teaching certificate. Private classes in the comfort of your own home are available.  
**Related Links** [Kim Jones Wellbeing website](#)