

## Blossoming Touch Baby Yoga

These sessions cover safe and effective Baby Yoga stretches and postnatal stretches for mums (that include Baby too!) Each session ends with Guided Relaxation while the Babies enjoy Sensory Play. • Yoga Unites both Parent and Baby • Increases Strength, flexibility and muscle tone • Safe Postnatal exercises to improve posture and core strength. • Aids Ailments and Tummy trouble e.g. constipation • Can help to calm a fractious Baby • Strengthens the Immune System. • Improves Breathing • Enhances Bonding and attachment • Helps with the transition from womb - world • Aids Co-ordination • Increases Body Awareness • Helps increase Self-confidence and trust.

### Contact

**Telephone** 07802 623733  
**Email** [blossomingtouch@yahoo.com](mailto:blossomingtouch@yahoo.com)  
**Website** <http://www.facebook.com/blossomingtouch1/>

### Venue

**Venue address** The Mutha Hub  
5 Gordon Row  
Weymouth  
Dorset  
**Postcode** DT4 8LL  
**Locality** Weymouth & Portland

### Other information

**Availability** All year  
Daytime  
Term Time  
School Holidays  
**Cost variations** £35 for 5 weeks.  
**Additional Information** Please call Kora or email for further information and to book your place.

### Accessibility

**Wheelchair accessible** Fully wheelchair accessible.  
**Parking availability information** Residential parking only.  
**Toilet facility information** Toilet facilities available.

Some activities and family support services listed in our directory may be cancelled, postponed, or running in a different way due to coronavirus restrictions. Please contact providers to check for information about any changes.