

## Pregnancy Yoga With Key Of Life

Pregnancy Yoga classes in Weymouth at The Mutha Hub. Classes run weekly from 6pm to 7pm every Monday on a rolling 5 week course. These sessions are specifically tailored to help ease your body and your mind through pregnancy. We will learn yogic breathing techniques, postures and deep relaxation to let go of stress, ease aches and pains, develop strength in key areas of the body and prepare ourselves mentally and emotionally for birth.

### Contact

**Telephone** 07827 680655  
**Email** [info@keyoflife.co.uk](mailto:info@keyoflife.co.uk)  
**Website** <http://www.keyoflife.co.uk/home/4586288564>

### Venue

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

### Other information

**Availability** All year  
Weekday  
**Opening times** Mon: 18:00-19:00  
**Cost variations** £35 - bookable in advance via website.  
**Additional Information** I also offer regular yoga classes, reiki courses, and reiki and crystal healing in Weymouth at various venues. Please get in touch or visit website for further information.  
**Related Links** [Chinmayi at Key of Life facebook page](#)