



Friday Friday will be facilitated by pregnancy yoga teacher, Hypnobirthing facilitator and mother, Anna Brook.

8-8.45am Breakfast

8.45-11am Talk on Hypnobirthing and how this system can help the pregnant client. This session includes some practical application of Hypnobirthing techniques.

11-11.15am Unity Partner Yoga for Pregnancy Workshop.

11.15-12pm Q and A session with Sally

12pm Lunch

1pm Depart