

## Active Birth Yoga

Teacher – Natalie Meddings

Thursdays from 11.00 to 12.30

Start date: 16 June 2011

Prepare yourself for birth in BoCo's calm and relaxed environment. Active Birth Yoga is designed specifically for pregnancy. It includes postures and breathing exercises adapted from classical Hatha yoga.



Active birth yoga provides all the usual benefits of a pregnancy yoga class – increased flexibility, better posture, improved balance and well-being – but beneath the practice, is the understanding that this is a preparation for labour and birth.

The fact that birth is an ordinary, automatic function of the body has largely been forgotten by our culture. Most of us take for granted our body's ability to grow a baby but lose all faith when it comes to our body's ability to give birth.

Active birth yoga, with its focus on stretching and softening, relaxing and releasing, acts a reminder. Week on week practice helps to build confidence and provides women with tools for coping with the experience of labour.

Each class has 70 minutes of yoga and relaxation followed by 20 minutes of tea and talk.

Cost: £81 for 6-class course which can be used over 8 weeks.

For more information or to book email [bookings@boco-uk.com](mailto:bookings@boco-uk.com) or call Reception on 020 8399 3930 at BoCo Surbiton.

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**About the teacher:** Natalie Meddings is an experienced active birth yoga teacher and doula. She trained with Janet Balaskas (author of *New Active Birth*) in 2003 and pioneering French obstetrician, Michel Odent. She has been attending births since 2004, and the experience and knowledge she has gained, is shared in the class.