

daylesfordorganic

HAYBARN MOTHER TO BE

Yoga whilst pregnant is a great way to connect with your baby. Pregnancy massage techniques provide more oxygen and nutrients to both mother and baby and can also soothe many of the discomforts of pregnancy.

Daily morning yoga and evening meditation provide ongoing balance for the body and mind.

- ♥ 1 pregnancy massage
- ♥ 1 private yoga class
- ♥ 1 private meditation class

Cost £100

To book please call the Hay Barn on 01608 731703 or email haybarn@daylesfordorganic.com

The kitchens at Daylesford have designed a delicious nutritious lunch to compliment your day.