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www.mignonbaby.com

Thank you for your interest in Prenatal Relax, Stretch and Breathe/ Yoga for Pregnancy classes. Classesrun **every Thursday evening from 18.00-20.00**

The classes are suitable for all pregnant women after 12 weeks gestation. Each session starts with a 30-45 minute prenatal class, either discussing a particular topic or with general question and answers. We then have 75-90 minutes of breathing techniques, gentle yoga moves, meditation and relaxation techniques, specially chosen to be useful in pregnancy, birth and postnatal life.

The classes are held in the **Kindermusik studio** in Dreispitz at

**Leimgrubenweg 9 (second floor)**

**4053 Basel**

This building is easily identifiable as the ground floor is occupied by STEG computers. There is a multi-storey car park alongside the building. Please use doors C or D into the building.

For directions and tram and bus stops please see

<http://www.mignonbaby.com/course-dates-registration-forms-and-important-details/important-practical-details/>

These classes are for women only and use gentle yoga based exercises and stretches to prepare women for birth. We also focus on breathing exercises, relaxations and positions for labour. The aim for these classes is for you to have an enjoyable and relaxing time, whilst improving your physical and emotional well being and preparing yourselves well for a positive birth experience.

The postures will be very gentle, specifically designed for all stages of pregnancy. I do ask that you take care of yourselves and never stretch, go into or hold a position that is uncomfortable for you.

For those of you who are already mothers, the class is a time to relax, concentrate on the new baby and think about your wishes for this birth. For first time mothers there will be lots of practical tips, opportunity to meet others and ask questions.

Each session cost **30 CHF** or you can buy a six class pass for **165 CHF**, valid for all of your pregnancy (so you don’t have to attend six sessions in a row). Receipts are available on request, for your insurance company. Once you enroll (by completing and returning the form below) you will receive a weekly email, offering you the chance to reserve a place in that week’s class. You can book a block of classes in advance if you choose (with payment). If you have booked a place in the class and are not able to attend, please let me know by 20.00 on the day before the class so that I may offer your space to someone else. If you do not let me know that you are not attending the class in time then I am afraid you will still be billed for the class you booked.

I look forward to seeing you in the RSB classes soon, but in the meantime if you have any questions please don’t hesitate to contact me. You might also like to join the FB group for class participants <https://www.facebook.com/groups/MignonBaby/>

With best regards

Susie Atkinson

Mignon: supporting birth and parenting

Antenatal, RSB and Mother and Baby Yoga classes

[www.mignonbaby.com](http://www.mignonbaby.com)

 **RELAX, STRETCH, BREATHE**

Yoga for pregnancy with discussion time

NAME of mother:-

EMAIL:-

ADDRESS (including postcode):-

CONTACT NUMBER:-

ESTIMATED DUE DATE OF BIRTH:-

BCT MEMBER?:-

STARTING DATE:

Please give details of any special information that may be relevant to you attending the yoga classes (back problems, split tummy muscles, SPD etc);

I am happy that you provide me with information about prenatal and postnatal activities now and in the future, and I understand that you will not share my contact information with anyone else, without my consent