Thank you your interest in this **Mother and Baby Yoga course**. The classes are suitable for mothers and their babies or toddlers after they have had their 6 week postnatal checkup. Each session includes gentle yoga stretches and moves for mothers and babies, breathing and relaxation time and dedicated baby time, with massage and movement to help your baby’s development and confidence.

This is a **75 minute session** for mothers and babies. The sessions run on **Thursdays 16.00-17.15** and **Fridays at** **13.45-15.00.** We will start the sessions with fifteen minutes of discussion, Q&A, topic based activities or social biscuit eating and then have an hour of yoga for mothers and massage and yoga for babies. Please do come early enough to give you and your baby time to get ready. I am at the studio around 20 minutes before the class, so if you would like a more private discussion, or an opportunity to ask more questions or to try out baby slings etc please feel free to come earlier.

Each session costs **30 CHF** but you can buy a 6 class pass for **165 CHF** (it does not have to be six consecutive sessions)

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. For more details:

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

Please could you wear comfy and loose clothing and bring blanket or a muslin for your child to lie on. The aim for these classes is for you and your child to have an enjoyable and relaxing time, whilst improving your physical and emotional well being and building a strong and supportive network of friends.

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

I look forward to seeing you in the Mother and Baby Yoga 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 baby sling classes

**MOTHER and BABY YOGA**

STRENGTHEN and STRETCH

RELAX and BREATHE

Postnatal yoga class for mothers and babies

Thursdays 16.00-17.15

Fridays 13.45-15.00

Individual sessions 30 CHF/session

6 session pass 165 CHF

NAME of mother:-

NAME of baby:-

EMAIL:-

ADDRESS (including postcode):-

CONTACT NUMBER:-

BABY’S DATE OF BIRTH:-

TYPE OF BIRTH:-

I confirm that I have had, or will have had by the start of the course, my six-eight week check with my doctor:

\*Delete as appropriate **YES / NO**\*

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

*For full details of all classes and services available please see* ***www.mignonbaby.com***

*Susie Atkinson 00 33 (0)6 48 26 29 12*

*[susieroseatkinson@gmail.com](mailto:susieroseatkinson@gmail.com) or [antenatal.bct@gmail.com](mailto:antenatal.bct@gmail.com)*

*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*