

## **Daisy Birthing – Active Antenatal classes have arrived in Clacton!**

Classes are suitable for all women, from 14 weeks into their pregnancy. Classes come in six-week terms, a progressive course as the education builds week upon week, adding new techniques and understanding as we work through the stages of labour.

Classes are suitable for many ailments, conditions and birth plans, and will be adapted to suit. Daisy is supportive of all birth choices.

Classes are as suitable for baby number one as they are for subsequent babies.

The 5 elements of Daisy include: yoga based movement, relaxation and birth hypnosis, antenatal and active birth education, breathing techniques and making new friends.

Daisy is committed to excellent education, unconditional support, informed choice, supportive communities and nurturing confidence

Daisy Birthing 6 week terms are currently being held on a Tuesday evening in Little Clacton at the Parish Fields Youth and Community Hall, Plough Corner, from 7.30pm til 9.00pm. Booking is essential.

Next term starts 19<sup>th</sup> April-24<sup>th</sup> May, followed by 7<sup>th</sup> June-12<sup>th</sup> July.

For more information please contact Laura by email, telephone or through the website.

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