



To be Born

Pregnancy, Birth and Baby



Hello Baby Course January 2012

Venue Coleshill

When Monday 10am-11.30am

Venue Solihull

When Friday 10am-11.30am

Cost £10 per class or 6 classes £55

Booking essential!

Baby Yoga Strengthening and stretching for little bodies

Baby Massage Soothes and calms your baby, creating a nurturing bond

Postnatal Yoga Stretch Release aches and discomforts after birth

Natural Remedies for Baby and Birth recovery Assisting you to find an alternative

Relaxation for Mom and Baby Quiet time to find your balance

For further information and booking, please contact **Jane Jennings on:**

Tel: 01675 464246 Mobile: 07811 480261

Email: info@koya.org.uk Web: www.koya.org.uk

Jane is a Childbirth Educator and Doula accredited by the
Federation of Antenatal Educators.

Jane is also a Bowen Therapist specialising in offering treatments for birth recovery for you and your baby. Treatment can help babies who have colic or reflux, also forcep, ventouse or caesarian birth. Bowen also helps with back pain, breastfeeding issues, post natal depression/blues, and supporting you in your journey in motherhood.