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.

The sessions run as follows. Spaces are limited and can be reserved via: https://doodle.com/poll/x7ibqgz8tmau58za:

Mondays 12.15-13.30 Face to face at the Kindermusik studio, 2nd floor, Leimgrubenweg 9, 4053 Basel. We will start the sessions with fifteen minutes of discussion, Q&A, topic based activities and then have an hour of yoga for mothers and massage and yoga for babies. 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)

Wednesday mornings 9.15-10.15 via Zoom at **15CHF** per session.

The face to face 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 whatsapp and Facebook groups for class participants

<https://chat.whatsapp.com/LIHhqWQg0jHFBbJJlpjLXz>

<https://www.facebook.com/groups/MignonBaby/>

With best regards

Susie Atkinson

Mignon: supporting birth and parenting

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

Prenatal and Postnatal classes and yoga session

Baby Signing and Kindermusik classes

Baby Sling and Cloth Nappy support

**MOTHER and BABY YOGA**

STRENGTHEN and STRETCH

RELAX and BREATHE

Postnatal yoga class for mothers and babies

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 *or* 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*

Payment details:

Susannah Atkinson

PostFinance

IBAN: CH98 0900 0000 6103 7146 4

Account number: 61-37146-4