

**AQUANATAL YOGA
FOR PREGNANCY**
run by Community Midwives

Thursdays 6:00pm - 6:45pm

**Blocks of sessions running
all year round excluding
school holidays.**

FROM 24 WEEKS

**Made for
Mams**
**Aquanatal Yoga at
Rhondda Sports Centre**

*A focus on
bonding with
your baby*

*Gentle stretches
aided by the
buoyancy of water*

*Meet other
pregnant women*

*Toning
without
impact*

*Emphasis on
breathing and
relaxation*

*Water provides a
soothing yet stimulating
environment to prepare
for birth, particularly
waterbirth*

*Helps improve
flexibility of pelvic
floor in preparation
for labour*

*Suitable and
supportive for
women with
pelvic girdle pain*



Book via the Leisure for Life app or contact:
Rhondda Sports Centre ☎ 01443 570011
Rhonddasc@rctcbc.gov.uk



For up to date class information please visit:
www.rctcbc.gov.uk/madeformams

RCT Leisure

£2.50 per session
or **FREE** for Leisure
for Life members

Mae croeso i chi gyfathrebu â ni yn y Gymraeg | You are welcome to communicate with us in Welsh

**Chwaraeon RhCT
Sport RCT**

