

NEW & FUN YOGA CLASSES MONDAYS IN GREAT CHESTERFORD

STARTING 12TH JANUARY 2026



12:30pm to 1:15pm Postnatal Yoga & exercises with or without baby!

To heal after pregnancy & birth. Core strength, pelvic floor, shoulders, back & legs. Helping you to feel good!

1:30pm to 2:30pm Women's Health Yoga

Whatever your age, this yoga lesson is to help women feel good physically and mentally.

Fun, friendly class for beginners to intermediate

**For more details or to book:
Emma Stevens, 07970807389 or
www.emmastevensyoga.co.uk**