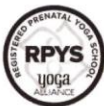


Beautiful, Ethical Yoga for ALL Women

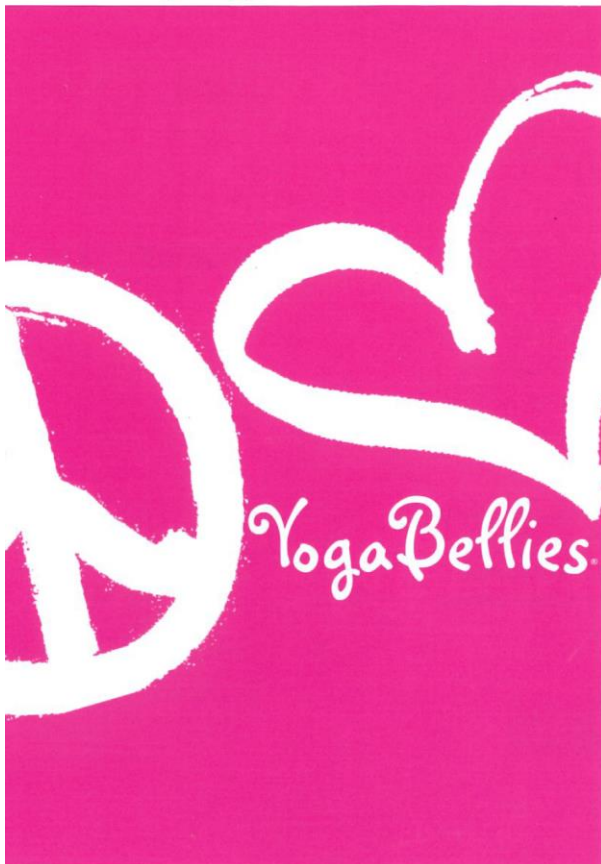
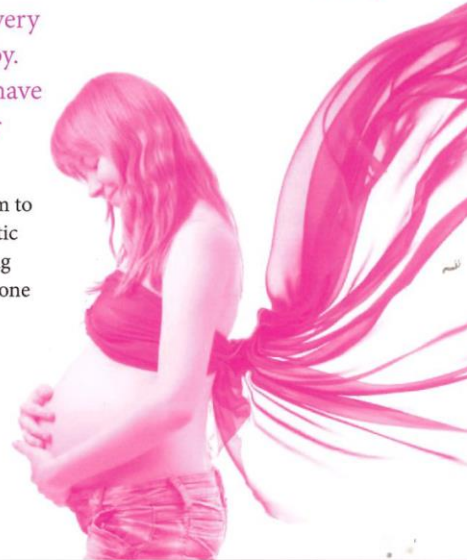
DRAGONS' DEN
Winners!

YogaBellies offer yoga classes and ethical products for women at every stage of their lives, including pregnancy and post-partum with baby. Our yoga is not just for pregnant ladies, it's for **all women** and we have clients as young as 14 and as old (young!) as 100. We offer yoga for women from menstruation to post menopause.

YogaBellies® is above all ethical, inclusive and something special for women. We aim to make our classes an accessible luxury for all. Our yoga sessions incorporate authentic yogic and holistic techniques, translated into an environment that's not intimidating and most importantly, enjoyable for all. YogaBellies classes are unique in that everyone is always welcome, no matter your shape, size or level of yoga practice.



www.yogabellies.co.uk



Classes in Biggleswade, Hitchin and Royston:

YogaBellies for Pregnancy
YogaBellies for Mum & Baby
YogaBellies Loving Touch Baby Massage
CorePlay by YogaBellies (not suitable for pregnant women)
Luna by YogaBellies (not suitable for pregnant women)

Contact Heather for more details and to book:

heather@yogabellies.co.uk

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