

Classes & Workshops

Our classes are listed on our website and social media, situated in Torbay:

- ★ Baby Massage
- ★ Kids Yoga & Sibling Sessions
- ★ Yoga for Pregnancy
- ★ Mother and Baby Yoga
- ★ Postnatal Recovery Sessions
- ★ Breastfeeding Support

*Birth Pool Hire
also available!*

- ★ At BabyMoon Torbay we also hold regular workshops in the following areas:
- ★ Preparation for Birth Workshop - an active look at labour and birth
- ★ Mothers Nurturing Circle - a time to nourish and reconnect with ones self
- ★ Family Massage Workshop - a relaxing time spent together
- ★ Family Yoga Workshop - a workshop to reconnect through yoga

"THE BREATHING TECHNIQUES WERE GREAT AND WITH THE HANDOUTS GIVEN I FOUND I PRACTISED LOADS BEFORE THE BIG DAY, I WOULD RECOMMEND FOR FIRST TIME AND SUBSEQUENT MUMS"

- S, TORBAY

"THIS GROUP IS SO WELL RUN BY GILL AND NOT ONLY PROVIDES A GENTLE BUT NEEDED EXERCISE DURING PREGNANCY, BUT ALSO INFORMATION ABOUT WHAT WILL HAPPEN DURING THE BIRTH"

- L, PAIGNTON

"I CANNOT RECOMMEND GILL'S CLASSES ENOUGH! I WENT TO BOTH PREGNANCY YOGA AND THE ACTIVE BIRTH WORKSHOP - I'M SO GLAD THAT I DID! THANKS!"

- G, TORBAY

*Private One to One
sessions available too*



WE USE HIGH QUALITY PRODUCTS IN OUR CLASSES AND WORKSHOPS SO THAT EVERYONE FEELS NURTURED

WWW.BABYMOONTORBAY.CO.UK

★ CHECK THE WEBSITE FOR REGULAR UPDATES, INCLUDING THE "MAMA MOON EXPERIENCE" COMING SOON... ★