

The Midwifery Centre Weekly Programme

June 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 10 – 5 pm By appointment 8 am – 8pm Therapies & Midwifery care	Open 10 – 5 pm By appointment 8 am – 8pm Therapies & Midwifery care	Open 10 – 5 pm By appointment 8 am – 8pm Therapies & Midwifery care	Open 10 – 5 pm By appointment 8 am – 8pm Therapies & Midwifery care	Open 10 – 5 pm By appointment 8 am – 8pm Therapies & Midwifery care	Open 9 – 1 pm Appointments Therapies & Midwifery care Maternity Yoga With Helen 9 – 10.30 am	Closed
	3 rd Tues of Month Nappichinos Natural Nappies 11.45 – 1.30 pm drop-in 17 th June	Postnatal drop in Session 1 – 3 pm No charge just drop in BF Workshop 11th June	Baby massage 19/26 th June & 3/10 th July with Midwife Sue	Natal Hypnotherapy Session 3-4.30 27 th June	Postnatal Exercise 11-12 am 7/14/21/28 June	Closed
	Practical Baby for couples Tues evening 24 th June 7-9pm	Postnatal exercise 10.00 - 11.00 ← (Intermediate) & 11.00 – 12.00 ← (Beginners) 25 June & 2/9/16/23 July	Cranial-Sacral Therapy Thursday 19 th June 10 – 2pm By appointment. Midwife Kate			Maternity Reflexology Training Part 1 15 th & 16 th June
Fit for Pregnancy A pilates based antenatal exercise session with fitness instructor Simon 7.30 – 8.30 pm	Antenatal Education For couples 7 – 9 pm Facilitated by Midwife Gill Thomson 27 th May & 3/10/17/24 June	Aquanatal 7.30 – 8.15 pm With Midwife Sue Marlow Pool Maternity Yoga 7.30 - 9.00 pm with Alex	Yoga With Debbie 5/12/19/26 th June 7.30 – 9pm		Sat. Yoga for Couples Positioning for Active labour With Vanessa 1– 3 pm 7 th June	
All courses need to be pre- booked to avoid disappointment.				We have a 24 hour cancellation policy		