

# The Midwifery Centre Weekly Programme

## May 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 <b>Maternity Yoga</b> With Helen 9 – 10.30 am	Closed
<b>Baby massage</b> 12/19 May 2/9 June 10.30 – 11.30 am with Midwife Claire	3 <sup>rd</sup> Tues of Month <b>Nappichinos</b> Natural Nappies 11.45 – 1.30 pm drop-in 20 <sup>th</sup> May	<b>Postnatal drop in Session</b> 1 – 3 pm No charge just drop in <b>BF Workshop</b> 14th May	<b>Breathing &amp; Relaxation</b>  1 <sup>st</sup> May 3 – 4.30 pm		<b>Postnatal Exercise</b> 11-12 am As mum exercises, Dad can do baby massage 10/17/24/31 May	Closed
	<b>Practical Baby for couples</b> <b>Tues evening</b> 20 <sup>th</sup> May 7-9pm	<b>Postnatal exercise</b> 10.00 - 11.00 ← (Intermediate) & 11.00 – 12.00 ← (Beginners) 21 <sup>st</sup> & 28 <sup>th</sup> May 4/11/18 <sup>th</sup> June	<b>Cranial-Sacral Therapy</b> Thursday 8 <sup>th</sup> & 22 <sup>nd</sup> May 10 – 2pm By appointment. Midwife Kate		<b>Baby massage for Dad's</b> 11 - 12 With Claire 10/17/24/31 May	<b>Maternity Reflexology Training</b> Part 2 17 <sup>th</sup> & 18 <sup>th</sup> May
<b>Fit for Pregnancy</b> A pilates based antenatal exercise session with fitness instructor Simon 7.30 – 8.30 pm	<b>Antenatal Education</b> For couples 7 – 9 pm Facilitated by Midwife Sue Tunnacliffe 22/29 April & 6/13/20 May	<b>Aquanatal</b> 7.30 – 8.15 pm With Midwife Sue Marlow Pool <b>Maternity Yoga</b> 7.30 - 9.00 pm with Alex	<b>Yoga</b> With Debbie 1/8/15/22/29 May 7.30 – 9pm			<b>Sat. Yoga for Couples</b> Positioning for Active labour With Vanessa 1– 3 pm 3 <sup>rd</sup> May
<b>All courses need to be pre- booked to avoid disappointment.</b>				<b>We have a 24 hour cancellation policy</b>		