

Workshop Room Programme (Pink)*

(Capacity: 15 couples/children -please book early at Reception to avoid disappointment)

- 10.15-10.45 Moira Mohit (ParentPrep Midwife)
Pilates for Pregnancy & Childbirth
"The basics"
- 11.00-12.00 Fiona Simpson
Artybobs
"Come and get creative with us!" (for ages 1-4 yrs)
- 12.00-12.30 Liz Maskew (Complementary Therapist)
Infant Colic Massage Routine
"Helping little ones be settled and soothed"
- 12.45-13.15 Liz Maskew (Complementary Therapist)
Partner to Mum Foot Massage
"Helping mum be relaxed and comfortable on & off her feet"
- 13.30-14.30 Fiona Simpson
Artybobs
"Come and get creative with us!" (for ages 1-4 yrs)
- 14.30-15.00 Anita Jones (ParentPrep Midwife)
Coping Strategies for Partners
"Especially for dads....Informative, effective & fun"
- 15.15- 15.45 Gill Firth/Jo Anker (Midwives)
Active Birth Experience
"Childbirth...you don't have to take it lying down!"

The Village Leisure Team will also be running fitness sessions in the Studio –Saturday 2pm & Sunday 11am

*Subject to change