

Some of the testimonials from women attending the pregnancy yoga classes with Belinda:

" I would like to thank you for all your classes as they really helped me through the labour. The midwives were very impressed with how relaxed I was and I feel that I coped very well due to the techniques I learnt during your classes."

Lucy

" I wanted to say a HUGE thank you for your support and the wonderful yoga classes which enabled us to have the birth we so much wanted for our daughter. I could hear your voice very clearly putting me back into relaxation mode when necessary!"

Justine

" I had my daughter in water. It was the most relaxing, beautiful experience and your various positions on the birthing ball and relaxed breathing techniques helped considerably."

Emily

" I feel really positive about the birth and the control I felt. The relaxation music played a key part in the whole labour and keep me focussed and calm and she was born to that music. Visualising the contractions as peaks of a mountain was also very helpful in pain management."

Serena

" Thanks very much for the enjoyable yoga classes. They were the highlight of my week and a real chance to be 'me' again."

Vanessa

" I found the breathing exercises you taught us really useful, especially the golden thread one - it took me pretty much right through to the pushing stage."

Bridgette

" Your breathing techniques were fantastic - my husband remembered them for me and I remember focussing on him and copying what he did."

Angie

"It (the labour) was such an amazing experience and I did everything natural with no pain meds. I used the breathing technique as well as the golden thread. My husband was wonderful as well doing the massage that you showed us.

So, I just wanted to say a big thank you for helping make my labour exactly the way that I wanted it. Your techniques helped me through!"

Megan