# PREGNANCY RELAXATION CLASSES

**TUESDAYS**
**6.45-8PM**

Bijou Wellness

Birth Matters

*A gentle, supportive space in Whitchurch-on-Thames, to unwind, connect, and prepare for birth*

**Each week includes:**

- **A calming guided relaxation**
- **A thoughtful discussion topic around pregnancy & birth**
- **Time to connect with other local mums-to-be**
- **A precious pause to bond with your baby**

**This is your time to slow down, breathe, and feel supported — whether it's your first baby or your fourth.**

**Spaces are limited to keep it cosy and calm. To book or find out more, message me – I'd love to welcome you!**

SCAN ME

**More Information and booking:**
WWW.BIJOUWELLNESS.CO.UK
natalie@bijouwellness.co.uk

**Connect With Us:**
@birthmatters_bijou