

New Wellbeing Classes Launch at The Old Stables

This week saw the successful launch of two new wellbeing classes at The Old Stables in Whitchurch-on-Thames., bringing a gentle sense of calm and connection to the heart of the village.

Local therapist and wellness practitioner **Natalie from Bijou Wellness and Birth Matters with Bijou Wellness** is now running **Baby Massage & Reflexology classes** for parents and little ones, as well as **Guided Meditation** sessions for adults. Both classes are held on Tuesdays at The Old Stables, offering a cosy and nurturing space perfect for relaxation and self-care.

The baby classes offer a special bonding experience for parents and their babies, with gentle techniques to support digestion, sleep and overall wellbeing. The meditation sessions provide a peaceful pause in the week - ideal for anyone looking to unwind, reset, and care for their mental and emotional health.

With small class sizes, a welcoming atmosphere, and a focus on gentle support, these sessions are already proving a hit with local residents. Here's what some of this week's attendees had to say *"First time I've done anything like this and I would definitely do this again.", "I really enjoyed your class! Great atmosphere, small group and very relaxing. Looking forward to the next session, Thank You", "Thank you. The class was amazing, I feel so grounded and had the best nights sleep."*

And that's not all! **Coming soon: Pregnancy Relaxation classes** will be launching at The Old Stables later this month. Natalie explains these classes offer a dedicated time to rest, connect with baby, and prepare mind and body for birth in a supportive and peaceful setting.

For more information on all classes or to book a place, visit www.bijouwellness.co.uk

Photograph by Anya Goldenberg

Natalie Winters
Bijou Wellness
Birth Matters with Bijou Wellness
www.bijouwellness.co.uk

