



Yoga Pilates Beauty Health

## **Practicing Yoga or Pilates during Pregnancy**

Yoga and Pilates during pregnancy can be very beneficial, however it is generally advised that you do not practice either activity in your 1st trimester as doing so may increase the risk of miscarriage. It is therefore our policy not to allow pregnant students to participate in classes during this period.

For students in their 2nd and 3rd trimester, Embody offers a dedicated pregnancy yoga class on Wednesdays from 5.30 to 6.45pm. This is an all-level class and no previous yoga experience is required.

Access for pregnant students to other classes is quite limited. There are only a few teachers at Embody who are trained and insured to accept pregnant students, and if you wish to attend one of their classes, you must first speak with the teacher to obtain their permission. As a rule you will need to have been practicing yoga or Pilates prior to becoming pregnant, and you will need to be aware of the modifications to poses and exercises required to ensure that your practice remains safe for you and the baby. We also ask that you check with your GP or midwife for their advice on activity and exercise during your pregnancy.

Below is a list of Embody teachers who currently accept pregnant students to some of their classes:

Jo Harris  
John Hobbs  
Flo Christensen  
Susie Lovelock

On the reverse of this page is a copy of our timetable highlighting the classes you can potentially attend with these teachers, subject to them granting approval. Please remember when attending classes to check if there is a cover teacher scheduled as this may mean you will not be permitted entry. Please note as well that attendance will always be at the teacher's discretion and is not guaranteed.

monday

tuesday

wednesday

thursday

friday

saturday

sunday

# class timetable

Classes and teachers are subject to occasional change. To confirm our current class timetable please visit [embodywellness.co.uk](http://embodywellness.co.uk).

new client offer - 5 classes for £45

drop-in prices  
 £14.00 | 45 min  
 £16.00 | 60 min  
 £18.00 | 75/90 min

class passes (valid for 3 months)  
 5 hours | £ 72.00 save 10%\*  
 10 hours | £128.00 save 20%\*  
 20 hours | £224.00 save 30%\*

\*based on the drop-in rate of £16.00 for a 60-minute class.

monday	tuesday	wednesday	thursday	friday	saturday	sunday
					9.30 - 10.30 am pilates level 1 john	
9.30 - 10.30 am morning flow jo						
	10.00 - 11.00 am bodycare pilates john		10.00 - 11.00 am bodycare pilates john		10.45 - 12.00 pm morning flow flo	11.00 - 12.00 pm pilates level 1-2 susie
12.15 - 1.00 pm pilates level 1 john		12.15 - 1.00 pm pilates level 1 john		12.15 - 1.00 pm pilates level 1-2 susie		
		1.15 - 2.00 pm gentle yoga jo				
6.00 - 7.00 pm pilates level 1 john		5.30 - 6.45 pm pregnancy yoga jo				

For full information and to purchase passes please visit [embodywellness.co.uk](http://embodywellness.co.uk) or call us on 020 7099 0048.