

Well Street Common & Hackney Mashes Neighbourhood

Postnatal Baby + Me Yoga



Postnatal Baby + Me Yoga (Drop-In)

Welcoming parents and babies from 6 weeks old up to non crawling to restorative yoga and mindfulness classes. Sessions are focused to stretching, gentle strengthening, breath work and relaxation.

- Yoga mats provided
- Please wear comfortable clothes to move in
- No previous yoga experience needed

Tuesdays (term time)

2 to 3PM

At

Daubeney Children & Family Hub

(No booking required first come first serve)

Daubeney Children & Family Hub

Address: 103 Daubeney Road, London E5 0EG

Tel No: 0208 525 7040

Email: CFHUB@daubeney.hackney.sch.uk

<https://www.daubeney.hackney.sch.uk/childrens-centre-and-family-hub>

Instagram: @Daubeneycfhub

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