

Daisy Birthing®

Daisy Birthing® classes offer a totally unique antenatal experience. Combining movement, breathing techniques and relaxation with evidence-based birth education. These classes aim to help mums-to-be learn their antenatal education in a truly effective way. Through yoga-based movements that help improve strength, balance, flexibility and mindfulness to decrease stress and tension in the body and mind.

Our active birth education provides women with a better understanding of what is happening within their body throughout pregnancy and labour, combined with relaxation and birth hypnosis.

Aiming to promote a more enjoyable pregnancy, women through a range of movements which help with common problems including carpal tunnel syndrome, heartburn and swollen hands and feet. Classes educate women not only about active birth but also relaxation, medical inductions and interventions, to promote a more positive and informed pregnancy, whether that be a first or subsequent pregnancy.

We are here to support all birth plans and choices enabling women to really prepare for birth. Daisy focuses on how a woman feels, whether she chooses a natural birth, a home birth, wants to use pain relief or has a planned caesarean section.

These progressive women only weekly classes are available from 14 weeks pregnant are delivered over a 6-week term. Terms can be repeated right up to baby's due date to anchor these new skills into your memory, ensuring they're there for you throughout your labour journey.

Classes can be adapted for women of all shapes and sizes, and for those with pregnancy-related medical conditions. These classes are aimed at all mums-to-be, so don't feel you have to be a first-time-mum to enjoy the benefits. Daisy Birthing® is about you, your pregnancy, your confidence, your birth choices and helping you to prepare for the birth that's right for you.

<https://thedaisyfoundation.com/birth-baby-and-antenatal-classes-in-london-with-louise-dodimead/#main>