

Rock-a-bye BABIES

SLING & DANCE

CLASS FOR BABIES & THEIR ADULTS



THE DETAILS

Fridays 11-11:45am

at Adeyfield Free Church Centre,
Maylands Avenue, HP2 4GZ

FREE

Suggested donation of £5 per week towards
continuity of class.



BOOK YOUR PLACE

info@expressions.academy
07969869405

EXPRESSIONS
ACADEMY

ARE YOU EXPERIENCING...

loss of confidence
anxiety & fear
guilt or sadness
negative thoughts
irritability & exhaustion

Rock-a-bye BABIES

A weekly, fun and simple sling & dance class followed by refreshments.

Come along to meet other like-minded baby-wearers and get moving to great music while holding your baby close in a carrier or sling.

This class will be supported by *Alternatives*, a local pregnancy crisis and support centre who offer counselling for all pregnancy-related challenges. They also have two Mother & Baby Charity Shops for all your baby essentials. See their website for full details: www.alternativeswatford.co.uk



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