

Michelle Griffiths
Level 3 Pilates
Level 3 BWY
Nutritionist
Private training
Ante Natal Specialist
Level 3 Register of exercise professionals



Mind Body & Spirit

Mind Body and Spirit

Barnsley RUFC
The Studio, Shaw Lane,
Barnsley S70 6HZ

t: 07789 037427

e: michelle.yogapilates@googlemail.com
www. mind-bodyandspirit.com
visit Best of Barnsley website

*The Joy of
Wellbeing*

*"Michelle is a great teacher, she is
very patient and makes the classes
interesting and fun..."*

Call Michelle
07789 037427

*Wellbeing
awareness*

**Ante Natal
Yoga and Pilates**



Mind Body & Spirit

design+prints@documentshop.com

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07789 037427



Yoga and Pilates for you and your baby

Ante Natal

Preparation for birth

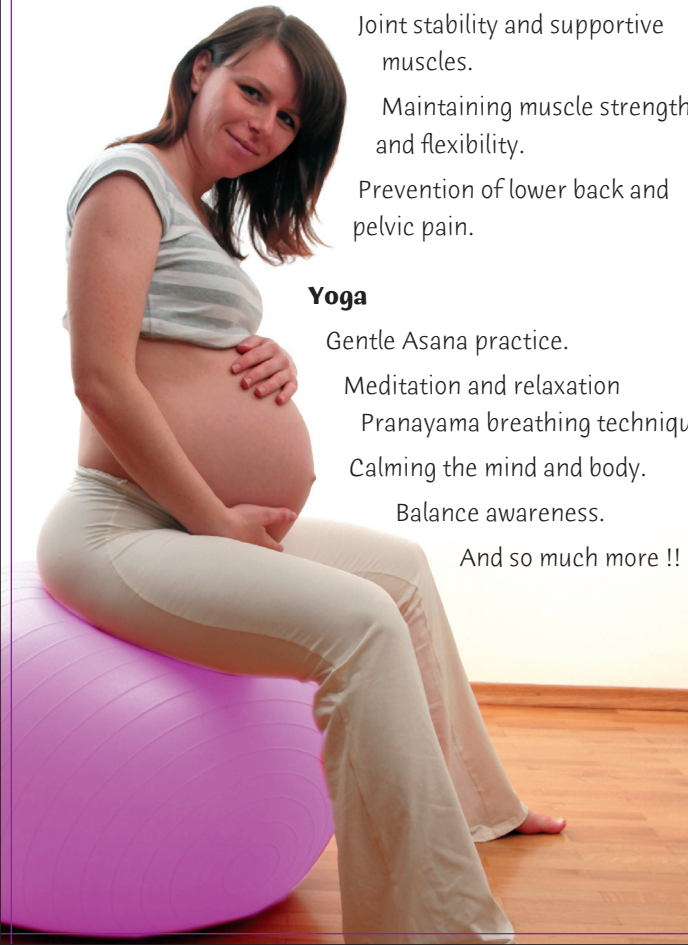
Pilates

Improve spinal and pelvic stability.
Conditioning of the pelvic floor.
Posture awareness.

Joint stability and supportive muscles.
Maintaining muscle strength and flexibility.
Prevention of lower back and pelvic pain.

Yoga

Gentle Asana practice.
Meditation and relaxation
Pranayama breathing techniques.
Calming the mind and body.
Balance awareness.
And so much more !!



Ante Natal classes

Thursday 6pm - 7pm

A health screening form will be required to be completed before commencing classes.

£5.00 per class per week booking in advance.

Or

£30 for a Block booking for 6 weeks.

Private one to one Appointments

- Preparation for birth
- For fitness
- Tailor made programme for you
- Covering nutrition, mobility, fitness, breathing, meditation and more
- Daytime Monday to Saturday



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