



**Sport  
In Mind**



Attendee Sign-Up

**FREE!**

# Mum & Baby Yoga **for Mental Wellbeing**

**Yoga for parents and babies (under 1 & after a post natal check up) with our lovely instructor Alice!**

**Time** **Fridays: 10-11am - Sessions run during Term Times**

**Venue** Best Start Family Hub (Elmhurst), Dunsham Lane, Aylesbury, HP20 2DB  
What3Words: ///charmingly.shark.spare

**Description** Open to all parents wanting to connect, move, and take time for themselves and their baby. These gentle yoga sessions support mental wellbeing in a warm, relaxed space - whether you're navigating low mood, anxiety, or simply looking to feel good and meet others.

**This group is provided FREE by mental health charity Sport In Mind for the benefit of local people.**



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**FAMILY  
HUBS**

