



## Pregnancy Relaxation Hour New Forest Birth Centre

### First Monday Warm Winter Offer!

**Special offers available only on the first Monday of the month (excluding bank holidays, when we are closed).**

**On the first Monday of the month only, pay for the whole month in advance and get one session free!**

We know that repetition reinforces the benefits of Pregnancy Relaxation Hour so book yourself a month of relaxing time for you and your baby, and have a session on us, with our compliments.

**January:** On **Monday 7<sup>th</sup> January only**, pay just £21 to get all 4 January sessions for the price of 3 (usually £28 for 4). **Contact Barbara to book** your place: 07948 686 891 or barbara4c@yahoo.com. Pay cash at the beginning of your 7<sup>th</sup> January session.

**February:** On **Monday 4<sup>th</sup> February only**, pay just £21 to get all 4 February sessions for the price of 4 (usually £28 for 4.) **Contact Zana to book** your place: 07905 658 386 or info@BirthingWithConfidence.co.uk. Pay cash at the beginning of your 4<sup>th</sup> February session.

Further information about our Pregnancy Relaxation Hour is here:

<http://www.birthingwithconfidence.co.uk/the-relaxation-hour/4547809160>

You can also opt to pay-as-you-go as normal on “First Monday Special” nights. £7 per session. Please contact Zana or Barbara in advance to book your place.



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