

Arlene

DUNKLEY-WOOD

Nurture • Balance • Stillness

Holistic Health for You

"After taking my baby for a craniosacral session with Arlene, my baby became much more relaxed and calm. She also helps us to recognise signs of distress, and gave us little tips for being more focused on the little cues our baby is telling us." Sam

Support for women and their partners during pregnancy, birth and beyond



Scaravelli Inspired Teacher:

- Prenatal Yoga
- Aqua-natal Yoga
- Fertility Yoga
- Postnatal Yoga
- Yoga for women
- Yoga for healthy lower backs
- Active Birth workshops
- Birth Doula
- Breastfeeding support
- Pregnancy massage
- Baby massage
- Therapeutic massage
- Craniosacral therapy
- Counselling

More info: www.arlenedunkley-wood.co.uk email: info@arlenedunkley-wood.co.uk

[f facebook.com/arlenedunkleywood](https://www.facebook.com/arlenedunkleywood) [t @ADWdoula](https://twitter.com/ADWdoula)

WEEKLY TIMETABLE

Monday	6.45–8.15pm 8.15–9.45pm	Prenatal Yoga Scaravelli Yoga for all <i>Quaker Meeting House, E11 3AU</i>
Tuesday	10–2pm 7.30–9pm	Client bookings* Yoga for women <i>(see website for details)</i> <i>Highams Park, E17 4EJ</i>
Wednesday	9.30–11.30pm 6.30–8pm	Postnatal yoga/Baby Yoga, <i>Chingford United Reform Church, Buxton Road E4</i> Prenatal Yoga <i>Barkantine Birth Centre, E14 8JH</i>
Thursday	11.30–3pm 7–8pm	121 sessions <i>Highams Park, E17 4EJ</i> Aqua-natal <i>Sylvestrian Leisure Centre, E17 3PY</i>
Saturday	9.30–11am 11–12.15pm	Prenatal Yoga Fertility Yoga <i>Quaker Meeting House, E11 3AU</i>
Sunday	12–5.30pm <i>(Monthly)</i>	Active Birth workshops <i>Highams Park, E17 4EJ</i>

***Full details on website or
to book 1-1 sessions contact Arlene:
info@arlenedunkley-wood.co.uk
07976 903 003**

www.arlenedunkley-wood.co.uk
www.mydoterra.com/adw