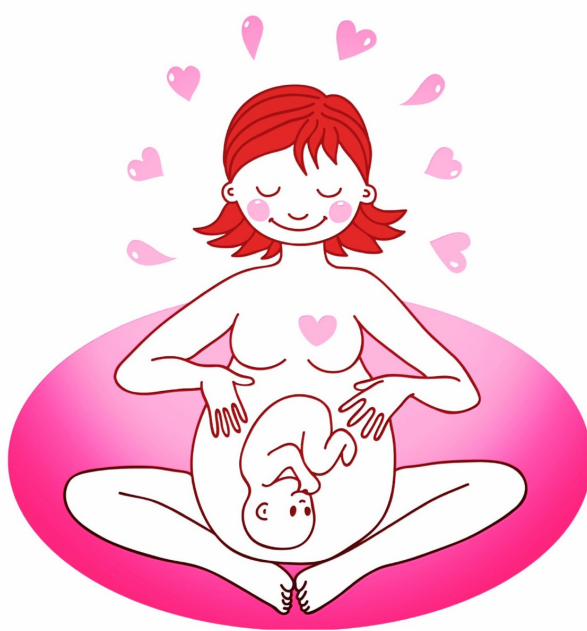


# Ripple Effect



#theripplemama

# Welcome to Ripple Effect.

## Services offered:

- Doula support - Antenatal, Birth & Postpartum
- Pregnancy yoga
- Postpartum reconnection
- Baby massage & yoga
- Hypnobirthing
- Birth Preparation
- Birth Pool Hire
- Postpartum services / resources



**Anneka de Korte** recommends Ripple Effect Yoga.

22 October 2018 · 🌐

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One of the best decisions I made whilst pregnant was to take Claire's pregnancy yoga classes. I was fairly familiar with ashtanga yoga but had a problem with my pelvis which made me seek out something purely for pregnancy. These classes were much calmer and helped me connect with my core. Claire is very knowledgeable and was able to suggest wrapping techniques to keep my pelvis stable as well as breathing techniques to use during labour. Classes are intimate meaning you get the attention you need with exercises easy to replicate at home tailored to your needs. I have no doubt that it's only because of Claire that I had such a simple and straight forward birth.

I also took the well woman happy baby classes which again are intimate and pretty much tailored to your needs. This is so much better than doing a larger class where there are so many babies all with different needs. The baby massage is so great! My little boy loved it and was always sleepy and relaxed after class. The gentle yoga techniques also helped get me back in shape following birth as well as being a really social chatty class with like minded people.

Thanks Claire.



**Rachel White** recommends Ripple Effect Yoga.

21 May 2019 · 🌐

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A fabulous lady, true heart of gold. I was a manic work-a-holic, 14 weeks pregnant when I first went to Claire's pre-natal yoga class. @ first it was a massive shock, a whole new pace I wasn't used to, but it became an absolutely essential 2 hours where I could relax, learn & listen to others, a truly essential part of what was a happy & healthy pregnancy, which led to an empowering & natural homebirth. Can't recommend enough 💖

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## ABOUT CLAIRE

I support couples in Northamptonshire and the surrounding counties. I firmly believe that every woman can have a magical and beautiful birth experience. As a birth & postnatal practitioner, I work with mothers and their partners providing support, information and empowerment before, during and after labour and birth. I have been a part of the birth world since 2002. My journey began when I had our first child, the passion surfaced when I was training at LCM and then the perfect opportunity to journey with Dr Michel Odent and Lilianna Lammars (Paramana Doula).

Over the last 20 years my knowledge, understanding & experience has grown & developed. I am an experienced practitioner who has supported couples who have chosen to birth at home, those who have preferred to birth in hospital including breech birth. I have supported couples planning to VBAC and those who have chosen to have elective cesarean sections. I have supported over twelve hundred families and had the honour & privilege to be present with those families who have chosen to have a doula to support them during their pregnancy, labour, birth & their postpartum journeys.

I teach Pregnancy & Postnatal yoga from my bespoke studio "The Space" based in Northampton and also offer Rebozo workshops and Cerrada (also known as Closing of the Bones). I offer support in the postpartum for supporting, nourishing & nurturing you so that you have a calm, relaxed start to motherhood.

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I am a qualified massage practitioner for pregnancy, labour and baby massage & development. I believe that every woman should have access to support and will assist clients on low incomes via instalments. I abide by a Code of Practice and I am insured by BGi UK & have an Enhanced Disclosure & Barring Service certificate.



**Lauren Costello** recommends **Ripple Effect Yoga**.

22 April 2019 · 🌐

...

I did pregnancy yoga with Claire with my second daughter, I'd had an emergency c-section with my first and was determined to stay relaxed and moving in my second pregnancy. Claire's classes were fab, and an amazing opportunity for me time without running around after a toddler and a great opportunity to clear my mind about my first labour enabling me to have a natural birth the second time where I was able to use a whole toolbox to keep baby in the right position and stay calm whilst labouring. Claire's classes aren't just 'yoga', they really are so much more and really help you during labour. Thank you Claire!! Xx



**Laura Asbury** recommends **Ripple Effect Yoga**.

19 February 2018 · 🌐

...

As a recently qualified Pregnancy Yoga teacher, I had the pleasure and privilege of observing one of Claire's classes. Wow! I was inspired. Claire's sessions are a gift to all pregnant women looking for the perfect balance of yoga, breathing, information and some sisterly wisdom!

Claire is a beautiful person and welcomed me into her class with kindness and warmth. It's not every day you get to soak up the knowledge from someone as experienced as Claire. I think I scribbled a million notes that night. I wish I had been lucky enough to be taught by her when I was pregnant.

'The Space', where the classes are held, is a unique little yoga sanctuary. It's cosy, light, colourful and inviting. I felt instantly relaxed in this oasis of calm... perfect for pregnant women wishing to step-off the busy treadmill and take a well-deserved rest.

The class was filled with lovely, comforting poses designed specifically for pregnancy. There was lots of time for chats and questions too (brilliant to de-stress and empower). Claire also teaches rebozo sifting which is a technique from Mexico designed to relax tight muscles and help babies to rotate into an optimal position. Claire's wealth of knowledge is, quite frankly, second-to none. Thank you, Claire, for your service to women and their babies.

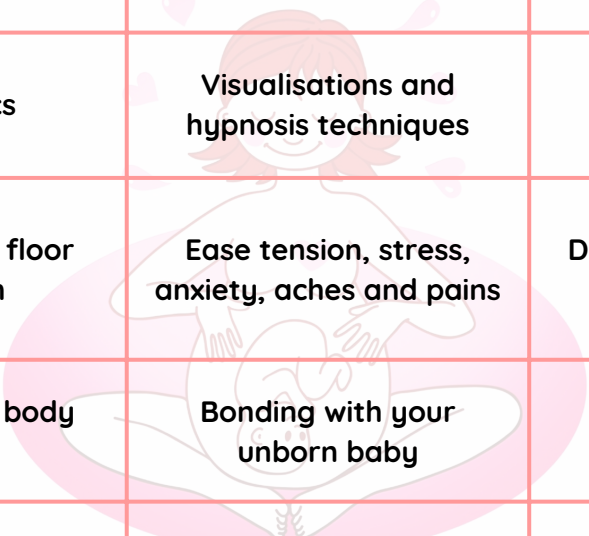
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## PREGNANCY YOGA

A Ripple Effect yoga class provides women with a safe environment in which to explore their feelings & to adapt to the changes in their bodies; providing a constant thread of stability.

### What do you receive?



Pregnancy yoga	Rebozo techniques	Spinning babies techniques
Biomechanics	Visualisations and hypnosis techniques	Breath work to create space
Pelvis and pelvic floor stabilisation	Ease tension, stress, anxiety, aches and pains	Deep relaxation and nourishment
Relax, deeply, in body and mind	Bonding with your unborn baby	Birth preparation
Small class size (maximum of 3 per class)	Individualised, bespoke, nurturing & personalised class	Access to a client area with additional resources, videos & downloads

- 12 weeks postnatal support via telephone, Skype/facetime & email
- Signposting to external organisations
- You get me #theripplemama with 20 years of experience
- Make new friendships many of whom will be friends in years to come.
- 5% discount on any other service you book with Ripple Effect (includes Pregnancy, Postnatal & Therapeutic Massage) Does not include hypnobirthing, birth preparation courses or postnatal classes.

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## What makes a Ripple Effect Yoga class special?

Our classes offer a relaxed environment in which you can enjoy the various stages of your pregnancy to the full with your growing baby. The class creates a warm and welcoming space which will help mummies-to-be to nurture themselves and create the time to connect with themselves and the baby growing within them.

Our work is body-based; in the pregnancy yoga classes we follow the changes, both physically and emotionally, that affect each woman differently along the journey of each pregnancy.

Claire is highly trained in facilitating a gentle awareness of all these intense transformations from conception to the other side of birth. She believes that this awareness or mindfulness, that is the foundation of yoga practice, particularly of breathing in relaxed stretches, helps women to discover or regain their inner strength and their intuition of what is best for them, their babies and their families. This is the specialness of what she does. It's not just information, although we have it at our fingertips and it's not just yoga postures with a bit of breathing and relaxation, but yoga that reaches hearts and uncovers inner joy and well being.

As clients have said:

"It's not just a 'yoga class', it's an education, it's relaxing, encouraging, an emotional support network! The lot! There's no point trying to make it sound conventional, it isn't but that's why we all gained so much!"

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Blending a mixture of Birthlight techniques, active birthing positions (including the use of rebozos, a birthing ball, birthing stool), hands on skills, positioning techniques along with lots of hints & tips plus hypnobirthing techniques that are suitable for pregnancy, birth and the postpartum. There's nothing else quite like it.

The classes run for an hour and a half which includes discussions and time to make new friendships. Sometimes they do run over.



**Charlotte McDonald** recommends **Ripple Effect Yoga**.

10 October 2017 · 🌐

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Totally recommend Claire's pregnancy yoga and her 'well woman happy baby' classes to all those pregnant or new mummies.

I had never done yoga before and was a bit sceptical of anything which might be a bit alternative or hippyish, but it wasn't any of those things... it was exactly what I needed to relax during pregnancy and afterwards, to connect with my growing baby.

The Space is a lovely environment where both myself and my baby would always feel happy and calm.

Claire commences her classes gently and creates an atmosphere where you immediately relax and leave your stresses behind you.

She is friendly, knowledgeable and supportive and as the classes are small (max of 3 I think) she can offer personalised advice and techniques depending on the needs of mummy and / or baby.

The classes are excellent value for money. They last up to 2 hours and also include a hot drink and home made cake which is always yummy, and a chance to natter with other local pregnant women, or other local new mums if doing the well woman happy baby course. xx

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## Pregnancy Yoga from 13/14 weeks

The beauty of the classes is that we combine so many fabulous tools that can be used during labour. You will have a comprehensive tool box that will serve you well during your pregnancy, labour, birth and into life after your baby has arrived earth side.

A Ripple class is unique yet very simple. **Keeping it simple** helps you instinctively & intuitively connect with your baby and your body.

**Keeping it simple** also helps you when you are labouring.

The principles of yoga include balance, awareness & respect. Women are empowered to feel confident in their ability to give birth. Yoga postures & movements will provide more space for the baby & alleviate many pregnancy discomforts.

Every class ends with a deep relaxation letting your body release tensions & the mind to become still. Both mother and baby are nourished and energy is renewed. During the class we focus on the preparation and strengthening of the pelvis and pelvic floor in preparation for your labour.

All classes are taught by me, in the comfort of my own private studio. With 2 decades of experience, you are in safe, experienced hands. I am a doula, and specialise in pregnancy yoga and massage (pregnancy, postpartum and baby) as well as postnatal and well woman yoga. I came to this beautiful service after having my first baby so I can fully empathise and do understand what you are going through.

Supporting your vision for your pregnancy is my focus. My warm and welcoming space from which the classes are offered is a calm, relaxed environment where you have the time to connect and nurture yourself and nourish your baby.

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## BENEFITS

Promotes general health to mother and baby	Expands breathing, expanding lung capacity, breath awareness	Increases flexibility and mobility
Helps to gain confidence for the birth	Calms the mind and the emotions	Bonding with your baby
Creating space in the physical body for your growing baby	Reminding you to listen and trust your own body	Toning the pelvic floor
Addressing particular pre-natal issues such as heartburn, indigestion, fatigue, piles, sciatica, pelvic girdle pain (PGP) or symphysis pubis dysfunction (SPD), lower back ache, varicose veins, aching legs and carpal tunnel.		
Gently building strength and stamina for an active birth	Bringing a good blood supply to the pelvic area generally	Gently increasing the body's range of movement
Releasing tensions and anxiety	Acceptance of your changing body	Techniques and support for labour and the post-natal period

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## **COSTS**

Classes are booked in blocks of 6 classes. Usually the same day over 6 weeks. There is some flexibility but depends on class availability and spaces. You may book additional classes after your block has finished. Please discuss this with Claire.

**Cost:** 6 weeks - £97.00

## **TO BOOK**

Please visit: [www.rippleeffectyoga.co.uk](http://www.rippleeffectyoga.co.uk)

Select: **Pregnancy Yoga** tab

Scroll to the booking form

Complete your booking form & medical form

Submit both of these online

Once the booking & medical forms are received confirmation will be sent along with an invoice.

On receipt of the full payment all links to access the client space will be sent.

## **CONTACT DETAILS**

**Name:** Claire Morrow-Goodman

**Telephone:** 07966 288236

**email:** [claireripplemamamg@gmail.com](mailto:claireripplemamamg@gmail.com)

**website:** [www.rippleeffectyoga.co.uk](http://www.rippleeffectyoga.co.uk)

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