



The Wellbeing and Exercise in Pregnancy Programme (WEPP)

Our videos include a range of short, effective, pregnancy and postnatal yoga videos.

Yoga can help to build not only physical but also emotional strength and can help you in the following ways:

- Breath awareness helps to calm you.
- Yoga poses can help build strength, flexibility and good posture.
- Yoga poses can also help relieve pregnancy aches and pains.



No props are needed for our classes. You can find everything you need in your home.

Find our exercise videos at <https://sussexlmns.org/wepp/videos/>.