YogaBellies Offers Exciting New App and Mind Body ME Programme

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Leading yoga and wellbeing provider for women, YogaBellies, launches an all-inclusive app and Mind Body ME programme aimed at empowering and supporting women on their journey throughout womanhood.

Empowering Women Through Different Life Stages

Founded in 2008 by Cheryl MacDonald, YogaBellies first took off when she started teaching pregnancy yoga in her spare bedroom after her son was born. Cheryl was compelled to start a yoga business when she was made redundant from her job as a business analyst during maternity leave. She wanted to help women have fun and connect while practising yoga, and the redundancy provided the push she needed to establish her own business and pursue her passion, and with this, YogaBellies was born.

Fast forward 11 years and YogaBellies has been on a journey of growth, success and empowerment. With the launch of a new app and wellbeing tool, Mind Body ME, 14th October is the mark of a milestone. The all-inclusive app is an instrument for all women, providing them with the information and support they need no matter where they are on their journey from adolescence to menopause and all significant milestones in between.

YogaBellies was designed to provide women with a safe space and support network across the globe. The introduction of the app, and Mind Body Me programme, further reinforces the ethos of YogaBellies - to help women move, connect and grow.

Founder, Cheryl MacDonald, says; “YogaBellies isn’t just about exercise – we want to help foster friendships and provide strong support networks. We also plan our classes to suit each woman so we can support them on their individual journey."

“This is where the Mind Body ME programme comes in. We offer a personalised one to one discussion with a client before they start any of our classes to determine why they are coming and what they hope to gain. We can match their needs to our various classes and workshops, whether that be to get fit or to meet likeminded women. The Mind Body ME programme gives our women a customised wellness plan, and the app integrates them into our YogaBellies community and lifestyle. We are the only yoga and wellbeing provider offering this kind of service to women around the world, and we’re so excited to launch it.”

As a leading provider of yoga classes for women through every life stage, YogaBellies has significantly evolved since it was first established over 10 years ago. Cheryl adds; “We are encouraged by the rapid growth and success of YogaBellies and are delighted by the continuous achievements of our dedicated teachers. We look forward to several more decades of serving our clients.”

END

For further information about YogaBellies, visit: www.YogaBellies.com.

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