
English pregnancy classes in BCN?

Posted by Renilde - 2008/07/21 09:48

Does anyone know if there are English pregnancy classes in BCN?

I'm 4 months pregnant, from Belgium and living in BCN, and I was wondering if you have such classes here in BCN. I could only find yoga classes and mostly in Spanish...

=====

Re:English pregnancy classes in BCN?

Posted by Emsy - 2008/07/22 18:35

Hi there,

Try contacting Titania Tasco <http://www.titania-tasco.com/>

They have ante-natal classes and may have professionals who speak English there.

Also speak to Ama Terapies, www.amaterapies.org the holistic centre as they have been running English speaking birth preparation classes and may be able to help.

There is also a Doula Inma Sarries on Tel. 626 656 735 who speaks fluent English.

I believe that the natural health centre Marenostrom Barcelona <http://www.marenostromcsf.com/> could have an English speaking midwife able to give classes.

Hope this helps - To be honest they are few and far between!

=====

Re:English pregnancy classes in BCN?

Posted by Renilde - 2008/07/22 19:16

Thank you for the information!

Emails are on their way!!:)

=====

Re:English pregnancy classes in BCN?

Posted by lara - 2008/07/23 10:04

Hi there,

I came accross this site some days ago:

<http://www.mamadoula.org/>

and the lady speaks English and French.

in case you are interested in aquatic therapy, have a look under www.watsu-europe.com - watsu can be great for pregnancy and they can offer shiatsu too. (check for Giovanni Baccarani)

Good luck.

Laurence

=====