

## **Sherry Prosser**

Huddle & Bliss Classes

CIRCL Mobility Classes

Meet Sherry, the visionary behind Huddle & Bliss. With a passion for mother and baby wellbeing, Sherry has been dedicated to supporting families since 2008. As one of the UK's most experienced practitioners in infant massage and infant developmental movement (baby yoga), she has positively impacted the lives of over 8000 families in Northants.

Her expertise has earned her a loyal following, including medical professionals who trust in her courses.

Sherry's commitment to maternal support has also extended to the social care services sector. In 2021, she expanded her portfolio to include pre and postnatal fitness, with a particular focus on pelvic floor health.

Adding to her accomplishments, Sherry joined the esteemed team at the Maple Tree Clinic, further enhancing their services. Her latest venture, CIRCL Mobility classes, offers inclusive sessions focused on joint health, range of movement, and mobility for men and women of all life stages.

Discover the holistic approach to wellbeing that Sherry brings to Huddle & Bliss and The Maple Tree Clinic.

### **QUALIFICATIONS & LICENSES**

- Baby Massage Instructor (Hands on Babies 2014)
- Baby Yoga instructor (Hands on Babies 2014)
- Level 3 Infant Sleep Consultant (MNA 2018)
- Level 2 Fitness Instructor (2021)
- Level 3 Pre & Postnatal Fitness Instructor (2021)
- Level 3 Prenatal Massage Therapist (2015)
- Mindfulness Practitioner & Instructor
- CIRCL Mobility Instructor