

Mums & Bubs need Breathing Space



*"yoga helps to keep me sane
and see the humour in life"...*

***Fridays 10 - 11am, Mums & 0 - crawling Bubs
Saturdays Prenatal yoga 9 - 10am***

Bond with your baby, tone and strengthen your post-partum body, and nurture your mind, body and soul.

Join other Mums and Bubs (&Dads) for playful, bonding Yoga in an environment suitable for beginners to the experienced Yogini.

\$90 for 5 weeks, bookings essential, (\$20 casual if space available)

***Find out how yoga can give you
space to nurture yourself and your baby.
Call Jane on 0404 279 571 to book.***

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CONCEPTS / DESIGN / YOGA

