



# Mums & Bubs Yoga

Thursdays 10:00-11:00am

Join us with your little one for some gentle stretching and strengthening to help with your postpartum recovery.

This is a very relaxed class, suitable for women from 6 weeks postpartum onwards, and including crawly babies. Dads are also welcome to bring bubbas!

Please bring a yoga mat, water bottle, a pram or capsule for bub, toys or snacks to keep them entertained, and wear comfortable clothes.

**Location:** Lyons Community Centre, 25 Damabila Dr, Lyons

**Cost:** \$5 No bookings required!

**Contact:** Emilyyogalady - 0416 277 650 or [emilywilliams@live.com.au](mailto:emilywilliams@live.com.au)

Suitable for all levels!

Make new friends while you get fit!



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