



Mums & Bubs Yoga

Thursdays 10:30-11:30am

A gentle, simple yoga class for parents getting back to exercise after the arrival of their new baby, including gentle strengthening stretching to help release the tension that builds up from all the work that new parents do.

Suitable for all experience levels, you can join as soon as your doctor says you're ready to go back to exercise (usually 6 weeks postpartum).

Bring a yoga mat, a pram or capsule for bubba to rest in when they're tired, and a mat or blanket for when they're lying on the floor.

This is safe space for you and your little one to do whatever you need, we are breastfeeding and nappy-changing friendly, as well as used to baby noises, so you can settle your bub without feeling as though you're disrupting the session.

Location: Agoy Yoga, 28 Bishop Street, Woolner

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

Contact: Emilyogalady - 0416 277 650 or
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Suitable
for all
levels!

Make new
friends
while you
get fit!

