



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: Nightcliff Community Centre (Boab Room)
18 Bauhinia St, Nightcliff

Cost:

\$5

No bookings required!

Contact:

Emilyogalady - 0416 277 650 or
emilywilliams@live.com.au

Suitable
for all
levels!

Make new
friends
while you
get fit!



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P: 8930 0419 | E: healthydarwin@darwin.nt.gov.au



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