

Yoga for Pregnancy Classes

Pregnancy Yoga is a wonderful complement to pregnancy
Prepare for a positive, active labour and birth
Learn breath awareness, relaxation techniques and
connect deeply with your unborn baby

Thursdays

(during school terms)

11.15am to 12.30pm



Classes by Natalie

golden chair yoga

Integrating breath, body and mind



Join this class and enjoy the benefits of a prenatal community
No previous experience necessary.
Suitable from the second trimester

Class Cost: \$12/\$7(concession)

For further details please contact Natalie 0424 197 250

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