



NEW PRE-NATAL CLASSES

Saturdays 2.00–3.30pm

\$22 per class with Sally

Pregnancy is a time of physiological and emotional change. The purpose of pre-natal yoga is to help a woman adapt to these changes and to optimise physical and emotional wellness.

The teaching of pre-natal yoga revolves around asanas (postures) that encourage space, strength, focus and awareness of posture and breath. The class is designed for those new to yoga or with experience.



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