



PRENATAL

Being an expectant mother is a life changing experience for most of us. As your body changes throughout your pregnancy, yoga practice helps you to develop a new inner awareness, staying in balance with nature and the miracle of nurturing your baby.

With focus on breathing, and bringing your mind and awareness into your body, you will learn how to develop and keep healthy postures for your everyday life, as well as building up your strength and vitality in preparation for child's birth

Those classes are also for POST NATAL

Michelle Wee is the instructor.



Note: participants must be at least 15 weeks pregnant and in possession of a consent form issued by a recognised medical practitioner.