



Beginner Hatha Yoga Classes: A relaxing yoga practice with focus on postural alignment, meditation and pranayama.

When: Friday from 10:00 – 11:00 am

Where: Seabrook Community Centre, located in the cottage.

Mummy and Me Yoga Classes: A gentle yoga practice for postpartum mums and their babies; from six weeks until actively crawling.

When: Fridays from 11:30 – 12:30 pm

Where: Seabrook Community Centre, located in the cottage.

Call to book a **FREE** trial class. Classes run with the school term.
Space is limited so book in today.

-For more information please visit:

www.padmayogaandwellness.com.au

