

"Yoga for Mums&Bubs"

Learn how to incorporate important self-care and stress management techniques into your routine as a busy mamma, so the whole family can thrive.

Join Bec to enjoy six (6) weeks program with your baby. Bring your yoga mat, water bottle and towel



- Who is it for?** Mums with Babies under 12 months
- When is it?** Mondays, 10.30am on Term 1, 2024
Starting on Monday the 4th of March.
- Where is it?** SaCC Room (Isabella Street,
Queanbeyan Public School grounds)
- How to join?** To book your place, please send an email to
paola.mendez@det.nsw.edu.au

Free classes – BOOK NOW – places limited!



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