

Pre-Natal Yoga at Queanbeyan SaCC

Join Paola to enjoy a program of six (6) sessions to activate, increase flexibility and prepare your body and heart for your baby.



Who is it for? Pregnant mums in their second trimester
(between 12- and 25-weeks pregnancy)

When is it? Mondays, 3.30 to 5 pm 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? For more details and or book your place,
please send an email to
paola.mendez@det.nsw.edu.au

**Paola Mendez is a registered DRU Yoga Teacher*

Free classes – BOOK NOW – places limited!