



silence the mind to hear the voice within

PRENATAL YOGA CLASSES

Five Week Course - 2012

Tuesdays 5.30-6.30pm

February 21 & 28

March 6, 13, 20, 27

Location: Uniting Church hall - Cnr Athol & Keesing St, Port Hedland

Investment: \$75 for five week course

Contact Grace to register

0411 292 426 or info@yogawithgrace.com.au

Prenatal yoga classes are a positive, relaxed environment for women to help them prepare physically, mentally and emotionally for birth and can alleviate some discomforts of pregnancy such as backache, sciatica and digestive difficulties.

www.yogawithgrace.com.au