



PREGNANCY YOGA

These Pregnancy Yoga classes will support you throughout the Pregnancy, preparing your body and mind to be fully present, relax and let go, and empower you to feel more at ease during pregnancy and birthing.

Saturdays 11.30am – 12.30pm

Breathe Yoga Studio, Havelock North

Prior bookings with Michele are necessary.

Contact Michele Nysse 027 250 2678 Or 877-1877

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Registered Prenatal Yoga Teacher, Yoga Alliance

\$72 for 4 weeks or \$20 per class