

PREGNANCY YOGA

Monday eves: 6.30 – 7.45 pm

Novara Centre, Bray Seafront



- Maintain fitness and flexibility
- Prepare body and mind for birth and beyond
- Tap into your body's natural birthing resources
- Consider natural pain-management methods
- Explore optimum birthing positions
- Meet other expectant Mums
- Honour and celebrate your pregnancy

Contact Lara 087 – 8244728

www.thenovaracentre.ie