

# Mum & Baby Yoga

Novara Centre, Bray Seafront

Thursday: 10.30-11.45 am



- Strengthen and tone your body
- Regain pelvic floor strength
- Spend quality 1-to-1 time with your baby
- Learn gentle baby massage techniques
- Aid baby's digestion and relieve colic
- Relax with your baby
- Meet other mums and babies

Call Lara:087-8244728

[www.thenovaracentre.ie](http://www.thenovaracentre.ie)