

# Post Natal Yoga

at

The

Rarest Gem



## Mum's and Babies classes held on Tuesday's at 10:00am

Bring your beautiful baby to yoga so that you can work towards bringing your body back to shape, spend time with other women at the same stage of life and bond with your baby through movement.

Classes create a supportive environment where women are able to nurture their bodies and reconnect with the essence of who they are. The focus will be on creating a smooth flow of energy, adapting to the needs of the women and the babies present.

Pelvic floor and abdominal strengthening will underpin much of the work so that each woman can stabilize her energetic core so that she is able to manage the demands of motherhood.

It is intended that the group not only offers physical support but also offers a sense of community and emotional support during this ongoing time of change.

**Please call for further information or to book**

The Rarest Gem  
49 Wakefield Street, Kent Town SA 5067

**Ph: 8341 0419**

[www.rarestgem.com.au](http://www.rarestgem.com.au)

[info@rarestgem.com.au](mailto:info@rarestgem.com.au)