



Mums & Bubs Yoga

\$110 for the Term

Mums & Bubs Yoga

*** BABIES MUST BE UNDER 6 MONTHS**

Build strength, reduce stress, meet others and connect with your little one through yoga.

- A supportive group for mums and their babies to relax, reduce stress, and promote calm.
- An opportunity for mums to increase flexibility and strength, and take time out from their every day.
- Each session supports connection and attachment between mum and their baby.
- A chance for mums to meet other mums and their babies of similar ages to form connection and community.

Mondays for 6 weeks
9:30am - 10:30am
The Family Co. Jannali

Starts: 26th Oct 2026
Ends: 30th Nov 2026

Please note, payment of \$110 is due at time of registration.

If cost is a barrier, please don't hesitate to contact us via phone or email.
(02) 9528 2933
info@thefamilyco.org.au

Spots are Limited!

Book online or call our office to secure your place.

**The
Family
Co.**

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JANNALI, NSW 2226

Shop 9 / 3 Cross Street,
Westfield Hurstville,
HURSTVILLE, NSW 2220

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