

Mums and Bubs Yoga

Bring your body back into balance while connecting with your baby. Mums and Bubs classes at KatieYoga are designed to:

- Rebuild core strength and strengthen your pelvic floor
- Relieve tension, especially in your neck and shoulders from breast feeding and carrying your new born
- Improve overall strength, tone and flexibility
- Restore energy levels and leave you feeling revitalised
- Help you relax and reduce anxiety and stress.

We suggest waiting 6 to 8 weeks after a natural birth before commencing Mums and Bubs yoga. Please gain consent from a medical professional prior to participation in this class. Space is available for pram parking.

