

# Online yoga and meditation classes



**General Yoga \$10/class**

*Mondays at 9:30am and 7:30pm;*

*Thursdays at 7pm.*

*Includes meditation and breathing.*

**Pregnancy & Birth Preparation Yoga \$15/class**

*Mondays at 6pm.*

**Mums & Bubs Yoga \$7/class**

*Tuesdays at 10am. For mothers with babies from 8 weeks of age (12 weeks for C-section) until crawling.*

**Women's Meditation Circle \$5/class**

*Tuesdays at 11:30am.*

*Includes meditation, breathing exercises and deep relaxation.*

**Chair Yoga \$5/class**

*Thursdays at 10am.*

To register, email  
[jodies73@hotmail.com](mailto:jodies73@hotmail.com)