



**Drummond
Street
Services**

**READY, STEADY
... FAMILY**

ds.org.au

ZEN BUBS

FREE SESSION

A fun mix of baby massage and baby yoga. Suitable for parents/grandparents/carers and bubs up to 12 months.

Come along and learn some great calming techniques from our accredited infant massage trainer Amanda, then stay for afternoon tea and a chat if you like afterwards.

It's a LOT of fun!

August 3
September 7
October 5
November 2
December 7

All sessions start at 11am.

FREE but you need to book in at <https://ds.org.au/events/zen-bubs/>



We acknowledge the traditional owners of the land where we work and pay respects to elders past, present and future.

phn
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