

# Mums and Bubs Yoga

with qualified yoga teacher, Jen Jacobs

*You'll learn many ways to practice yoga with your baby and have fun together, whilst getting back into shape and practising some relaxation too.*



When: Starting Monday February 4<sup>th</sup> 2019

Time: 1pm until 2pm total of 8 sessions

Where: Woodcroft Heights Children's Centre

Cost: **\$25** (needs to be paid before commencement date)

Please register/express interest with **Cathy White** call **8381 8005**



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**To book your place in the Mums and Bubs Yoga please return this form to the front desk at the Woodcroft Heights Children's Centre, or contact Cathy White 8381 8005 email [Cathy.White@sa.gov.au](mailto:Cathy.White@sa.gov.au)**

Yes, please sign me/us up for the Mums and Bubs Yoga Class commencing Term 1 for 8 weeks

Name: .....

Phone: .....

Name: .....

Phone: .....

**Do you already use the Woodcroft Heights Children's Centre (please circle)?**

Kindy (green) (gold)

Occasional Care

Playgroup

Other