

A GOOD BIRTH IS NOT GOOD LUCK. GET THE
SKILLS THAT COUNT ON THE DAY

Yoga for Birth Workshop

One day workshop: 24th Aug or 28th Sept

Mums only retreat. Women should be in or nearing
their third trimester.

www.aucklandpregnancyyoga.co.nz

\$150

Please email for details: gluketina@hotmail.co.uk