



Mum's Yoga

142 Keen St (above Fundies), Lismore

Wednesdays 9:30-10:30

Mum's Yoga is held every Wednesday morning from 9:30-10:30 at Dynamic Yoga Rainbow Region (142 Keen St) in Lismore. Quiet the mind, strengthen the body and soothe the soul while our little ones play and join in ☺. Yoga feeds peace, balance and tranquility. As mums nurture and strengthen themselves the benefits ripple and the children soak in the energy of relaxation. Please join for some peace and love for you and your little ones.

only at
Dynamic Yoga Rainbow Region

Laura Shaz 0415 533 311 www.ljspeace.com

\$15/class or \$30/3 classes

| Drop-ins welcome!