

Relax, Connect, Nourish Yourselfes

MUM'S CIRCLE

SUNDAY, JULY 7,
10-12



The Birth House in Lismore

(a few minutes drive from the carboot market)

Please contact me for address and booking: Laura 0415 533 311



“SUPPORT AND BE SUPPORTED”

Come and have some mumma time, so if possible make it child-free (babies are welcome). We'll do some yoga & meditation. Give yourself a chance to fill up your cup. Share how you are doing at the moment (whether it be about your little one or anything else in your life), learn tips + resources from the Aware Parenting perspective (based on Aletha Solter's work from [The Aware Baby](#) and other books). For more info visit my website or call me. www.ljspace.com Laura 0415 533 311 COST: \$10