

Relax, Connect, Nourish Yourselfes

MUM'S CIRCLE

SUNDAY, OCTOBER 13, 2019

10-12



At Our Yurt in Modanville

(a few minutes drive from the Channon Market)

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



“FEELING LIGHTER”

Come and have some mumma time, connect and relax in a peaceful, non-judgemental space with like-minded mummies. (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). Laura is a mother of 2, a yoga instructor, certified mediator & facilitator and in-training as an Aware Parenting instructor. She offers classes, workshops & consultations. For more info visit my website or call me. www.ljspace.com Laura 0415 533 311 COST: \$10