



COUPLES  
CONSCIOUS  
BIRTH  
WORKSHOP  
Saturday 10<sup>th</sup> May  
2 - 5pm  
@ Health Space Mona Vale  
\$100 per couple

Join us for a bonding experience between you, your partner and your expectant baby.

This hands on work shop will provide you and your partner with

- \* breathing techniques
- \* supportive positions
- \* massage
- \* relaxation
- \* yoga movements you can do together

A wonderful opportunity to help you and your partner prepare for labour, both physically and emotionally.

For bookings, please e mail  
[nadine@consciouslifeyoga.com.au](mailto:nadine@consciouslifeyoga.com.au)

