



YUMMY MUMMY yoga

pregnancy yoga

Pregnancy Yoga starting

**JOIN THE
CLASS
ANYTIME!**

Location

Yoga Moves Studio,
45 Evans St,
Shenton Park;
m: 0402 182 084

Yoga Style

Pregnancy Yoga - for expectant Yummy Mummies & women in conception phase. Classes are focused on strength, breathing & relaxation; the intention is a healthy pregnancy, birth & mummyhood.

About Pregnancy Yoga

Yoga is an investment in your health & well-being. My classes are designed to build both strength & flexibility – ultimately to create space & freedom within the body. In my classes, I aim to strike a balance between qualities such as: right effort & playfulness; faith & love; intention & freedom.

Pregnancy Yoga - for expectant Yummy Mummies & women in conception phase. Classes are focused on strength, breathing & relaxation; the intention is a healthy pregnancy, birth & mummyhood.

About Annette

Annette has been living a nomadic lifestyle in USA, Europe, Asia & Australia - the constant in her life being yoga. She has a Master's Degree in Business from UWA. She was a corporate strategy consultant; working with Fortune 100 clients & sacrificing her health & well-being for her career. Then, she re-evaluated her life - choosing to become a yoga teacher. She has never been happier. Annette teaches Pregnancy & Vinyasa yoga. www.yummymummyyoga.net

CLASS TIMES: ON-GOING COURSE

You can join the class anytime!

Classes are available:
Tuesday 11:15am - 12:45pm
Saturday 7:45am - 9:15am

Please note - There is a children's playground on Eric St & the Lake Jualup park is lovely - an easy way to entertain the kids & Dad whilst you are at yoga

PRICING

6 class card: \$115 full/\$100 concession (to be used within 2 months)
10 class card: \$190/\$165 concession (to be used within 3 months)

You can attend class as often as you like. Each time you attend a class, it will be stamped off your class card.

BOOKING

Booking Pregnancy Yoga is mandatory (no casual attendance for your own safety) - payment of class card in full on first day of class in cash or in advance. As some class times are very popular & should you wish to guarantee your place in those classes, you may pre-book & prepay. If you wish to prepay, please fill in the registration form & see booking information below.

Booking Pregnancy Yoga - payment in full on first day of class in cash; prepay by cheque payable to "Yummy Mummy Yoga" posted to PO Box 7191, Shenton Park WA 6008; or EFT "Yummy Mummy Yoga" Westpac BSB 036000 Acct 296467 and email registration form to info@yummymummyyoga.net.

TERMS & CONDITIONS

Missed Classes - Classes are pre-paid but only stamped off your class card when you attend a class. Purchasing a class card means you are not penalised if you miss a class. Please note: 6 class card expires in two months; 10 class card expires in three months. Expiry is calculated from date of purchase.

Credit/Transfers - Class charges are non-refundable. Credit will only be given from the date a medical certificate is received. Bookings may only be transferred to another person if classes have not yet commenced.

Concession Prices - Please note that concession prices do not apply to all Health Card Holders or all Seniors. It applies specifically to the unwaged, students & people with aged &/or disability pensions.

REGISTRATION FORM

Name _____

Contact number _____

Email address _____

6 class card Pregnancy Yoga \$115 full/\$100 concession

10 class card Pregnancy Yoga \$190/\$165 concession

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Preferred day(s) & time _____

Amount enclosed _____

Receipt (circle one) Yes No _____

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