

Bellies and Babies

4 weekly gatherings for pregnant women and mums with bubs to get together, learn, relax and share with Sunderai Felich, Cathy Jackson and Melissa Russell.

Different topics will be covered each week:

- Week 1 - Sleep issues for baby and family.
With Sunderai Felich - Pre-School Mothercraft Nurse, Doula & Childbirth Educator
- Week 2 - Yoga for mums and bubs.
With Cathy Jackson - Yoga Teacher and Doula
- Week 3 - Breastfeeding.
With Melissa Russell - Breast Feeding Counsellor and Doula
- Week 4 - Baby Massage.
With Cathy Jackson - Radiant Child Yoga Program

**4 Mondays, 10am to noon.
Feb 22, March 8 & 22 and April 12.
April 19 & 26 and May 3 & 10**

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