

Maternity Services

Yoga & Pregnancy

This is a beautiful time in your life to begin yoga. Practising yoga can help you manage the many challenges and changes that you will experience during your pregnancy, your labour and the transition to motherhood. Our classes are conducted by qualified yoga teachers who are members of the International Yoga Teachers' Association. The physical exercises in the yoga class focus on those muscles and joints that are most in demand during pregnancy and labour, using gentle stretching and strengthening posture.

- Monday evenings 6:00pm to 7:15pm
- Monday evenings 7:30pm to 8:45pm
(Term booking only: no casuals)
- Thursday mornings 10:00am to 11:15am
(Casual)
- Thursday evenings 6:00pm to 7:15pm
- Thursday evenings 7:30pm to 8:45pm
(Term booking only: no casuals)

The cost of the classes is \$150.00 for a term booking of 10 classes or casual bookings are \$20.00 per class. Cards can be purchased in a pack of 5 for \$75.00 or 10 at \$150.00.

For class dates and cost, please visit our website www.northshoreprivate.com.au.

To book any of the above classes please telephone (02) 8425 3280 or email matclasses@ramsayhealth.com.au.



North Shore Private Hospital

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