

# Free Pre-Natal Seminar

Come along to our FREE seminar to explore all things healthy for you and your bump!



## Special discount offers for all Pre & Post Natal classes and courses at Bodytree.

Bodytree Studio is the only place in Abu Dhabi where you'll find pre and post-natal exercise classes, preparation for birth/parenting workshops and specialty courses under one roof! We have over ten years of experience in looking after expectant mothers, come and experience our positive and welcoming community space as you embark on the journey to parenthood and beyond. We continue to have amazing feedback about our pre-natal classes, not only just for the physical benefits clients have experienced, but also for the social element that the classes provide.

- Hypnobirthing
- Pre Natal Partner Yoga
- Baby Confidence / Parenting Preparation
- Pre & Post Natal Photography
- Baby Massage
- Post Natal Safe Returning to Exercise
- Baby Signing
- Pediatric First Aid
- Reflexology

**Come and chat with other expectant & new Mums!**

- **Date:**
- **Time:**
- **Cost:**



Free admission; kindly email [info@bodytreestudio.com](mailto:info@bodytreestudio.com) to reserve a space