

THE ÔM JOURNEY & BODYTREE STUDIO

BABY MARKET

SCHEDULE

COMMUNITY
LOCAL
BUSINESSES

CONNECT
SHARE
SHOP

AWARENESS
WELLNESS
LOVE

FITNESS CLASSES
TALKS & WORKSHOPS
BABY MASSAGE

SATURDAY
APRIL 27
9am - 1pm

BODYTREE STUDIO
ABU DHABI

150
AED

EARLYBIRD 120AED
UNTIL 17TH APRIL

TICKETS AVAILABLE FROM
WWW.BODYTREESTUDIO.COM

	DANCE	YOGA 1	YOGA 2	PILATES 1
9:00AM	9:00am - 10:00am Prenatal Yoga <i>Selena</i>	9:00am - 9:30am Birth Basics by a Doula <i>Kim, Ertiah Doula</i> 9:30am - 10:00am Postpartum Preparation Essentials <i>Juliane, The ÔM Journey</i>	9:00am - 9:30am Women's Pelvic Floor Health <i>Perfect Balance & Elvie</i> 9:30am - 10:00am Baby Osteopathy <i>Perfect Balance</i>	
10:00AM	10:00am - 10:45am Kindermusik (mixed age) <i>Silvia</i>	10:00am - 10:45am Breastfeeding workshop <i>Danat El Amarat Hospital</i> 10:00am - 10:45am Breastfeeding pump <i>Elvie</i>	10:00am - 10:45am Swing Yoga Talk <i>Amanda</i>	
11:00AM	11:00am - 12:00pm Postnatal Yoga <i>Chaithra</i>	11:00am - 12:00pm Mommy & Baby Yoga <i>Joelle</i>	11:00am - 11:30am Pre & Postnatal Nutrition <i>Danat El Amarat Hospital</i> 11:30am - 12:00pm Sleep Workshop <i>Lamis, One2Sleep</i>	11:00am - 12:00pm Prenatal Reformer <i>Anita</i>
12:00PM	12:00pm - 12:30pm Car Safety Awareness <i>Sophie, Safety On Board</i> 12:30pm - 1:00pm Natural Solutions for Wellbeing <i>Corina Ortega</i>	12:00pm - 1:00pm How to become a more present mum... without spending all of your free time playing with your kids <i>Nadia, The Present Parent</i>	12:00pm - 1:00pm Baby Massage <i>Nathalie</i>	12:00pm - 1:00pm Postnatal Reformer <i>Anita</i>