

SCHEDULE

book tickets now via
www.bodytreestudio.com

	DANCE	YOGA 1	YOGA 2	PILATES 1
10:00AM	10:00am - 10:45am <i>PANEL</i> Empowered Birth: Preparing for a Confident & Calm Experience		10:00am - 11:00am Postnatal Yoga <i>Chaithra</i>	
11:00AM	11:00am - 11:45am <i>PANEL</i> Nourish to Flourish: Nutrition for Pregnancy, Postpartum & Beyond	10:50am - 11:55am Prenatal Yoga + Mindfulness <i>Mira</i>	11:15am - 11:45am Baby Osteopathy <i>Perfect Balance</i>	11:00am - 12:00pm Postnatal Reformer <i>Anita</i>
12:00PM	12:00pm - 12:45pm <i>PANEL</i> Thriving Mama: Wellness & Self-Care for Motherhood	12:05pm - 1:55pm Baby Massage <i>Charlotte</i>	12:15pm - 1:00pm Benefits of Reflexology for Pre and Post Natal <i>Vandana</i>	12:00pm - 1:00pm Prenatal Reformer <i>Anita</i>
1:00PM	1:00pm - 1:45pm <i>PANEL</i> Let's Be Honest: The Unspoken Realities of Motherhood	1:15pm - 1:45pm Sound Healing & Meditation <i>Nik</i>	1:10pm - 1:55pm Empowering self-help reflexology techniques for babies and children <i>Vandana</i>	



TICKETS INCLUDE BABYSITTER, PLAY SESSION,
 MINI MASSAGE AND PHOTOSHOOT, PLUS
 PAMPER SESSIONS BY TARA ROSE SALON

