



## Want To Get Your Body Back?

- ▶ realistic timeline & individual goal setting for getting your pre-baby body back
- ▶ five mindful strategies for taking care of you
- ▶ creating a healthy routine at home (yoga with your baby)
- ▶ post-pregnancy questions and discussions about your body

A 4-class series for mamas & babies up to 9 months. Nannies included. \$189.00

presented by: Modern Mama ▶ [www.modermama.ca](http://www.modermama.ca) | and | Pure Potential ▶ [www.purepotentialfitness.com](http://www.purepotentialfitness.com)

At Pure Potential Studio | 10157, 122 Street

To Register | [www.modermama.ca](http://www.modermama.ca) | 222.2950



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