



community &
activity centre



BABY YOGA

Come restore yourself and include your baby in a gentle yoga flow with me Tanya

Wednesdays - 9:00 - 10:00

Starts 7th November – 19th December 2018

Classes are held in the Red Portacabin, Next to the THM Clubhouse.

Babies 0-12 months

Price 10,50 EUR Per class (walk in)

Please bring your mat, a towel for baby

Along with baby & essentials!

For further information contact me at:

Tatiana.maerova@gmail.com or sign up at

Our website www.thehungrymind.nl