

FREE Postpartum Pilates Workshop

**May 10th 2017, (Wed)
11AM - 12PM**

**What's Happening to my body?
... and how to deal with it!**

**This workshop for postpartum moms will help you
reconnect with your body.
We start with a 10 minute introduction on changes in
your body followed by 30 minutes of Pilates.**

**After this workshop you will go home feeling
comfortable and refreshed in your body.**

Admission: Free (Babies are welcome)

Location: Tiny Tots
138 Railway Ave, Campbell, CA 95008

Register: www.confidentmama.eventbrite.com



Confident Mama

www.playitfitnow.com/confidentmama