



MINDFUL MAMA MOVEMENT MOMMY & ME CLASS



Looking for a nurturing space to move, connect, and share your motherhood journey? Join Shelby L. for a weekly mindful movement class designed for every stage of motherhood—whether you're pregnant, newly postpartum, or a new mom with your baby.

This class offers a supportive environment to foster connection, build community, and prioritize self-care.

EVERY FRIDAY | 10:30 - 11:30 AM
SAGE YOGA BONSALL

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