

**B** now  
Breathe

## Mum-to-be?

As the body changes to accommodate the baby, and prepare for the birth through this exciting time of your life.

Improve:

- \* awareness of head, shoulder and neck alignment to prevent neck tension
- \* breathing and movement control
- \* balance
- \* comfort

# PREGNANCY PILATES

## FEEL YOUR BEST

*Four weeks. Start Mon 09 Jun 1.40pm, \$60*

*Six weeks. Start Wed 15 Jul 1.40pm, \$90*

up the stairs from Level 26  
on the Observation Deck  
BNZ Tower, 125 Queen St  
Auckland City  
w: [www.nowbreathe.com](http://www.nowbreathe.com)  
t: 021 688 009

**BREATHE. "HUG YOUR BABY". RELIEVE YOUR LEGS AND LOWER BACK.**