

THE TEACHER

Fran Ostroburski is a trained Social Worker and certified Yoga Teacher. She has worked extensively in the area of obstetrics and paediatrics and is currently practising as a Dance Therapist at Canterbury Family Centre and in private practice.

She teaches pre-natal yoga at Mangala Studios as well as creative dance for adults. She also teaches creative dance and pre-natal yoga in her own studio setting in St Kilda.

Fran is available for individual sessions by appointment.



MOTHERS-TO-BE CLASSES



MANGALA

Studios of Yoga and Creative Dance

73 Grattan Street Carlton 3053

Phone: 9663 5603

www.mangalastudios.com.au

info@mangalastudios.com.au

Established 1970

Founder:
Dorotea Mangiamele

Principals:
Peter Hockey
Claudia Mangiamele

MOTHERS-TO-BE CLASSES

We believe that the course of a pregnancy can influence a mother's attitude towards her baby. Therefore we concentrate on the process of change that occurs over the many months, and work towards the integration of the mind, body and spirit. The classes begin with an extended deep relaxation to music. The correct breathing is emphasised and brought together with yoga postures appropriate and safe during pregnancy.

This time together in the presence of other pregnant women is quietening, nurturing and helps reduce anxieties and fear, provides information and encourages trust in one's self and one's instinctual nature.

Ante-natal classes can commence at any stage during the pregnancy, but preferably not in the last month prior to delivery.

Classes are on

Tuesday 10.00-11.30 am

Thursday 5.30-7.00 pm

Venue: MANGALA STUDIOS
73 Grattan Street, Carlton 3053

Enquiries: Mangala Studios
9663 5603

Email: info@mangalastudios.com.au

DANCE IN THE EARLY YEARS

*Mangala also offers classes for
parents and children*

These classes from baby to 3 years old are special. Each stage of early childhood brings new learning. Much of this learning is passed directly from parent to child.

With this in mind, the experienced teachers in these classes use dance to extend the range of movement possibilities and strengthen the bond between parent and child. Through music, props and imagery the teachers enrich the visual, tactile and sensory experience of both adult and child in the joyful and stimulating environment of Mangala Studios.

*If you are interested in these classes, please contact
Mangala Studios for further information.*



ENROLMENT FORM FOR MOTHERS-TO-BE CLASSES

Name

Address

Telephone:

Expected date of delivery

Please enrol me for 5 classes, starting on

Please make cheque payable to Mangala Studios.

- You can begin at any time. Please send us enrolment form and fees prior to attending (or bring them with you on the first day).
- Some classes not held during State School holidays.
- Prices include GST