

Mel Craven Yoga

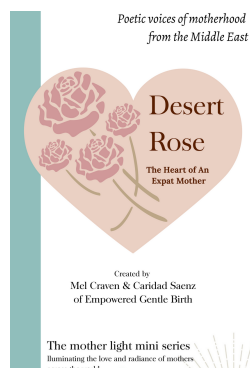


Mel Craven is an Author and Embodied Yoga Life Coach who has been sharing the joy of living from your heart with Yoga, Reiki, Sound Therapy and Counseling around the world.

Teaching accessible Yoga for everyone that encourages people to reconnect with their hearts, intuition and joy for life, Mel inspires and encourages everyone to live a more loving and peaceful life.

Mel is also a Doula, Child Birth Educator and International Teacher in Prenatal & Postnatal Yoga, GroovyKids, Blossom & Berry Baby Yoga and Baby Massage.

"I love teaching people how to reconnect to their body, calm their minds and love their life through every stage of this magnificent journey".



Mel Craven Yoga Timetable

YIN YOGA



10 Patrick Street Ulverstone
Tuesday 6pm
Wednesday 6pm
Friday 9am
Cost: \$15
(10 Class Pass \$120)



FAMILY YOGA

At The Cradle Coast Farmers
Market
Ulverstone Wharf
Sunday 10.30am
Cost: FREE (on the grass)

MUMMY & ME

10 Patrick Street, Ulverstone
Baby Massage & Baby Yoga
Tuesday 11.30am
Cost: \$15



Bookings & Enquiries
phone: 0437 631 294
email: melcravenyoga@gmail.com
FB: MelCravenYoga

MEL CRAVEN YOGA



Mummy & Me Classes

starting April 20, 2021

Tuesday 11.30am, 10 Patrick Street. Ulverstone.
Cost: \$15 per session / Bookings: 0437631294

For babies 6 weeks plus

This class combines baby massage with fun playful yoga poses for both mother and baby. We begin with songs, rhymes and actions that provide sensory stimulation to boost babies development, with poses for mothers to tone the pelvic floor and abdominal muscles. We end with soothing relaxing baby massage that eases colic and relieves discomfort, promoting happy sleepy babies and relaxed mummies.

**YOGA POSES FOR BABY AND MUMMY. PLAY
STRETCH MASSAGE AND RELAX TOGETHER.**



Mel Craven Yoga



Mel Craven is an experienced Hatha Yin Yoga Teacher who has been sharing the joy of yoga around the world in Dubai, Abu Dhabi, Kenya, Malawi and now Australia. Specialising in Yoga for the whole family, Mel also provides Prenatal & Postnatal Sessions, GroovyKids, Baby Yoga and Baby Massage.

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MEL CRAVEN YOGA



Blossom & Berry Baby Massage

Blossom and Berry Baby Massage Teacher
Mel Craven will teach you new soothing massage
strokes each week.

Baby Massage is gentle and can help with colic,
settling, sleeping, teething and boosting babies
overall development. Plus you get to meet other
mums and it is fun!

**INCLUDES A TAKE HOME MASSAGE OIL AND
AN ONLINE PARENT COURSE TO CONTINUE
LEARNING BABY MASSAGE AT HOME
REGISTER WITH MEL 0437631294**



MEL CRAVEN YOGA



Yin Yoga for Everybody

This one hour yoga class is for everyone
including yoga beginners.
Poses include gentle stretches with the support
of bolsters.

**RELAX YOUR BODY, RELIEVE MUSCULAR
TENSION AND CALM YOUR MIND**



In this fast paced world of always doing, come
along and experience the bliss of simply being.

MEL CRAVEN YOGA



Prenatal Yoga

Pregnant women in their second and third trimesters will benefit from this class. Time to bond with your growing baby while enjoying gentle exercise specifically designed for pregnancy.

**CREATE MORE ROOM FOR BABY, RELIEVE
TENSION AND BREATHE MORE PEACE IN TO
YOUR PREGNANCY JOURNEY**





Family Yoga with Mel Craven



Family Yoga is for EVERYONE.

Playful and Gentle.

We stretch, breathe, balance and move
together.

With a little Laughter Yoga to keep us all
young and joyful.

All you need is an open heart and a smile!



MelCravenYoga on FB & Instagram PH: 0437631294

MEL CRAVEN YOGA



Women's Circles & Humandalas

Join with other women and connect heart to heart
with beautiful human mandalas. When we come
together moving and breathing as one – we give
each other wings to fly

**CONNECTION & COMMUNITY IS IMPORTANT
NOW MORE THAN EVER**



Mel Craven Yoga



Mel Craven is an Embodied Yoga Life Coach and Yin Yoga Instructor who shares the joy of movement and breath work to create more space, balance the emotions and calm the mind.

Mel incorporates reiki, sound therapy, and aromatherapy, using bolsters, blocks and blankets to create a nurturing and welcoming yoga class for people of all levels and abilities. Yoga is for everyone!

Mel has taught yoga and facilitated wellness retreats around the globe including Dubai, Abu Dhabi and Kenya, sharing the healing power of yoga with refugee and community development programs in Greece and Malawi.

Private Yoga, Reiki or Sound Healing Package
\$150 per hour (for one or two people)
Book by Phone: 0437 631 294

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