**Name:** Meredith Izon

**Profession:**

* Yoga Teacher specializing in Pre and Postnatal Yoga

**Qualifications:**

* Level 1 Registered Yoga Teacher with Yoga Australia
* 350 Hour Yoga From The Heart Elemental Yoga Teacher Training
* Bliss Baby Prenatal Yoga Teacher Training

**Role in the hub:**

* Teaching Prenatal Yoga
* Teaching Postnatal Yoga

**Special interest areas:**

* Pre and Postnatal Yoga
* Restorative Yoga

**Values:**

* Committed to and passionate about expanding the reach of pre and postnatal yoga so that more women may benefit from the practices
* The wisdom and knowledge that is so often shared by mothers when they come together.