

Yoga for Kids

Yoga classes specifically designed to meet kids' needs – small groups with separate classes for high energy and quiet kids.

Fantastic for:

- ★ co-ordination
- ★ flexibility and strength
- ★ posture
- ★ concentration and relaxation
- ★ self-confidence
- ★ establishing excellent physical, emotional and mental health

Cost: 4 class term **\$40**

Venue: 47 Coolibah Crescent, New Eastside.

Bookings essential. Minimum 4 students; maximum 8 per class.

Quiet Kids on Mondays

Pre School (3-5 yrs) 3.30pm-4.15pm

Feb 6, 13, 20, 27

Transition (5-6 yrs) 4.30pm-5.15pm

Feb 6, 13, 20, 27

High Energy Kids on Wednesdays

Pre School (3-5 yrs) 3.30pm-4.15pm

February 8, 15, 22, 29

Transition (5-6 yrs) 4.30pm-5.15pm

February 8, 15, 22, 29

Older Kids on Thursdays

7 - 9 year olds 3.30pm-4.15pm

February 2, 9, 16, 23

10 - 12 year olds 4.30pm-5.15pm

February 2, 9, 16, 23



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