

**LIVE A
HEALTHY LIFE
BY MOVING
YOUR BODY,
FOCUSING
ON YOUR
BREATH,
QUIETING
YOUR MIND
& BEING
CREATIVE**

SARAH & MEGAN

Meet your instructors Sarah & Megan, teachers, creatives & qualified kids yoga teachers

**TERM 1
WEDNESDAY
CLASSES:**

4.00pm to 5.00pm -
'Space to Breathe for Kids'
(8yrs old to 12yrs old)

5.15pm to 6.15pm -
'Space to Breathe for Teens'
(13yrs old to 15yrs old)

Cost: \$140 Per Term (\$15 per class)

CLASS BOOKINGS

Sarah Woodcock- Davis
0423 697 775
Megan Booth
0402 287 895



**SPACE TO
BREATHE**

MOVEMENT, MINDFULNESS
& CREATIVITY CLASSES



Find us on
Facebook



spacetobreathelaunceston@gmail.com



LET'S BREATHE

Have fun with Instructors Sarah Woodcock-Davis & Megan Booth as you tackle different yoga poses & embrace your creativity. Who knew supporting your wellbeing could be this fun?!!

WHY CREATE 'SPACE TO BREATHE' ?

People of all ages who practice mindfulness, creativity & move their bodies, experience more positive mood, less anxiety & have greater control of their emotions. Creating space to breathe supports us in our wellbeing!!

COME ALONG TO A CLASS

SPACE TO BREATHE FOR 8 TO 12 YR OLDS:

Join us for afternoons of fun, movement, mindfulness & creativity! Together we will learn simple yoga poses, create artworks & play some games.

SPACE TO BREATHE FOR 13 TO 15 YEAR OLDS

Join us for some fun, creativity, yoga poses & relaxation!

In our classes we will explore wellbeing through movement, creativity, breathing, nutrition, & learn how to build these into our everyday lives.

