

KIDS YOGA NOW @ STM

Yoga is a fun way for children to develop a variety of important skills in a nurturing, non-competitive environment!

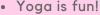
Increases self-confidence & emotional resilience

Encourages cooperation and teamwork

Teaches how to relax and reduce stress

Improves strength and flexibility

Nourishes creativity





Wed: 3.30pm 7-10 years (Intro to Yoga), 4.30pm 3-6 years (Fairytale Yoga) Sat: 9.30am 7-10 years (Intro to Yoga), 10.30am all ages (Family Yoga) Where: Josephite Hall, St Thomas More's, 125 Abbott Street, Newstead

Cost: \$10 per class (yoga mats provided)

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