



little stars

Yoga & Wellness

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
- Yoga is fun!



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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