



YOGA KIDS

TERM 1

STARTS TUES

23RD FEB

6 weeks block of kids yoga classes from 23rd Feb to the 5th April (23rd March is Easter Tuesday). At a cost for \$60 for the 6 classes. Please contact me to confirm your child's position in the class. Thank you



**There is more to
Yoga than
increasing
flexibility.....**

**Yoga has many
benefits, including
reducing stress
and anxiety,
improving mood,
sleep and general
health.**

**This class is for
kids in school
years 1-4**

**@Newborough P.S
undercover area
on Tuesdays from
2:45-3:45pm**

NATALIE ALACH

**Certified Yogakids instructor
Senior Social Worker**

**Please contact me with any
queries:**

**Email
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Phone 0424621333