



YOGA KIDS TERM 1 STARTS TUES 23RD MARCH

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 Yoga kids instructor
Senior Social Worker**

**Please contact me with any
queries:**

**Email
natalie.alach@hotmail.com**

Phone 0424 621 333