



YOGA KIDS TERM 2 STARTS TUES 3RD MAY

8 week block of kids yoga classes from 3rd May to the 21st June.

\$80 for 8 classes



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

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

For kids in school
years 1- 4

Newborough
undercover area
on Tuesdays from
2:45-3:45pm

NATALIE ALACH
Certified Yoga kids instructor
Senior Social Worker

Please contact me with any
queries:

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