



KIDS YOGA & MINDFULNESS

Dive into the discovery of Yoga through poses, music, meditation and flexible movement! Learn skills to focus the mind, calm thoughts and strengthen the body.

YRS 4-6: MONDAY 7:30AM

YRS 1-3: TUESDAY 7:45AM

KINDY-PP: WEDNESDAY 7:45AM

Term 4 (8 week program)

\$160 p/child

Includes class, yoga mat, eye mask

Book online: www.oxyoga.com.au