

Waverley Yoga Studio

Children's Yoga



**A playful class
welcoming children
to the joys of yoga**

**6 Week Program
suitable for
children 5 - 10 years**

Children love doing yoga and it is good for them. This six session program is designed to be specifically engaging for children, and is great way to introduce them to healthy, holistic, non competitive ways of exercising, as well as to deep relaxation and meditation.

Children develop coordination, strength, flexibility, self-confidence and have FUN!

Fee: \$90 for the six week program.
Numbers limited, bookings required.

Teacher: Danni Brown is a trained Primary School teacher and trained Classical Yoga teacher with extra training in teaching yoga to children.

Children's yoga commences for 2010 commence Wednesday February 10, April 28, July 28 and October 13, 4.30 - 5.30pm.

Phone 9803 8857 or email sally@waverleyyoga.com.au
1st floor, 6 The Highway, Mt Waverley