

Waverley Yoga Studio

School holiday fun!
Kids' yoga sessions
For 5 - 10 year olds

- Thursday April 8, 2010 | 10am-12
- Thursday July 8, 2010 | 10am - 12
- Thursday September 30, 2010 | 10am - 12

Age appropriate yoga poses coupled with children's imagination, play, stories, games, songs, music and relaxation.

Develop coordination, strength, flexibility and have FUN!

Finish with a healthy snack, and a cuppa for Mum.

Fee:

\$25 per session, \$40 for 2 children. Numbers limited, bookings required.

Contact:

Phone 9803 8857 or email sally@waverleyyoga.com.au

Venue:

Waverley Yoga Studio

1st Floor, 6 The Highway

Mt Waverley VIC 3149