

Waverley Yoga Studio

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

- Thursday July 3, 2008, 10am - 12noon
- Thursday July 10, 2008, 10am - 12noon
- Older & younger siblings welcome

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:

\$20 per session, \$30 for 2 children. Numbers limited, bookings required.

Contact:

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

Venue:

1st floor, 10 Hamilton Place, Mt Waverley (right near Mt Waverley station)