

# yoga for kids

After school yoga program.  
Starts Thursday 23rd February.  
4 til 5pm in the Supper Room, Cygnet.

We will practise fun, mindful yoga and learn to  
connect with self and practise kindness.

Kids yoga is not just yoga!  
Learn how to nurture your nurturer.  
It is busy, it is FUN!

\$10 per child (\$5 per subsequent child).  
All ages welcome (children under 5 with parents).

**Contact Kellie on 0400 910 668 to book**

Your children will come away from  
each session feeling connected and  
beautifully relaxed after their yoga journey.

