

KIDS YOGA TUESDAYS

COME AND JOIN US!

TUESDAY'S DURING SCHOOL TERM

3.15PM-4PM

\$20 PER CLASS + GST

FROM PREP TO GRADE 3

CONTACT ALEX 0402640867

ALEX@YOGABEAN.COM.AU

MATS AVAILABLE :)

WWW.YOGABEAN.COM.AU

BENEFITS OF YOGA

IMPROVES BALANCE AND
FOCUS

IMPROVES SELF ESTEEM

NON-COMPETITIVE

ALLOWS KIDS TO FEEL CALM

LIFE SKILLS FOR SELF REGULATION

