



KIDS YOGA

AND MINDFULNESS

Ages K - Year 6



Alexandria Park Community School

"Yoga is **SO MUCH FUN.** It helps me to **CALM DOWN**and **BREATHE.**"

-Isla, 9 years old

Our Classes

Run from Term 1 - Term 4

MONDAYS

3 - 4:30 PM

TUESDAYS

8 - 9:00 AM

THURSDAYS

3 - 4:30 PM

FREE Trial Class. T&Cs apply.

ENROL NOW

Contact Valerie



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