

NEW CLASS AT APCS

YOGA FOR TEENS



BEGINNING TERM 1 2021

Tuesdays
2.40 PM - 3.30 PM

Qualified Yoga Instructor
NSW ACTIVE KIDS PROVIDER

NEW CLASS



Benefits

- Increase strength & flexibility
- Reduce stress & anxiety
- Sense of wellbeing
- Injury prevention (build strong athletes)
- Improve energy levels, endurance & breathing

Ages 11 years - 18 years

ENROL NOW: 0406 250 184 ● veelittleyogis.com.au ● info@veelittleyogis.com.au