

k i d s Y o g a



Winter School Holiday Workshops

Tuesdays 1 & 8 July

10.15am—12pm includes a snack

\$25 per session or \$45 for both sessions

Age : 6—12 years old

Luna Yoga Studio

284 Wingrove St, Fairfield

*Clare Pritchard is a Iyengar Yoga Certified teacher and has been practicing yoga since 1995. She also holds a Level 1 & 2 Certificate in the Radiant Child Yoga Program., She has spent several months studying in India with Rajiv & Swati Chanchani, authors of **Yoga for Children**, who have been successful in establishing an accredited yoga course in Indian schools.*

*As well as physical well-being, yoga promotes **confidence, concentration and self-awareness.***

It is an ideal practice for young bodies and minds.

Register online at www.lunayoga.com.au

For more details ph: 9387 6195 or

email: info@lunayoga.com.au (Vivienne)