Yoga Classes for Parents

Yoga incorporates gentle exercise, breath control and meditation.

Yoga brings together physical and mental disciplines to achieve a peaceful body and mind.

It helps manage stress and anxiety and keeps you relaxing.

Yoga poses help in increasing flexibility, muscle strength body tone, improving posture and blood circulation.

Yoga improves respiration, energy and vitality.

Learn to relax, achieve more flexibility, build core and back strength, and create a quieter mind.

Venue: Highvale Primary School, MPC

Price: $80 for 10 classes pass or $10 for casual entry

Payment can be made by QKR.

Time: Tue evenings 7.30 pm to 8.30 pm

\*\* BYO Yoga mat, towel and water bottle. \*\*

These classes are organized by

Highvale Primary Community Group.

Part of the proceeds go towards Highvale Primary School.

\*\* Qualified Yoga Teacher: Chetana \*\*

