

MINDFUL MOVERS KIDS CLASSES



Friday 20th September
4:30pm - 5:20pm

8 years+

◆
Connect with new friends
and laugh together

◆
Learn some fun skills & tools
to help with the challenges
of daily life

◆
Enjoy gentle movement &
breathing exercises

◆
Finish with a calming &
empowering meditation



BOOK HERE

Please contact Carly with any questions ph 0403675706
Shop 1, 1609 Warburton Highway, Woori Yallock