

# CHILDRENS YOGA CLASSES

## Kids Yoga (4.5-12 years old)

Mondays 4:30 - 5:30pm

Wednesdays 4 - 5pm



## Toddlers Yoga (18m-3 years old)

Wednesdays 9 - 9:25am

## Preschoolers Yoga (3-5 years old)

Wednesdays 9:30 - 10:15am

## Teens Yoga (12-17 years old)

Wednesdays 5 - 6pm



Ph/txt. 0408 328 103 Email. [radiant.heart@ymail.com](mailto:radiant.heart@ymail.com)

Web. [www.rhyoga.online](http://www.rhyoga.online)

Teacher: Fiona F – certified yoga teacher and experienced childrens yoga teacher.

Private classes, family yoga, yoga parties, fun school holiday workshops.

YOGA POSTURES

RELAXATION

MEDITATION

BREATHING EXERCISES

GAMES

Radiant Heart Yoga  At: St Paul's Church, 86A Station St, Fairfield