



# Rewilding:

## Kids Yoga Program

Designed for children aged 7-12, this 3 day program blends yoga, nature, and creativity to reconnect kids with the world around them. Through playful yoga sequences, outdoor exploration, and mindful activities, your child will discover their inner strength, build confidence, and cultivate a deep connection to nature. Perfect for curious young explorers, this program is all about fun, movement, and the joy of being wild and free! Let's rewild together these holidays!

Includes lunch each day from Two Doors Down, and outdoor excursions into the bushland that borders our Ocean Grove Studio.

When: **Sept. 24, 25, 26**  
**Tue, Wed, Thur**

Time: **11:00 AM - 1:30 PM**

Location: **Ocean Grove Studio**

Investment: **\$160**

**Book here!**



BOOK VIA [WWW.ZEROPOINTYOGA.NET](http://WWW.ZEROPOINTYOGA.NET)