

YOGA FOR TWEENS



Join us on Fridays after school to wind down in these relaxed sessions. Led by our friendly and fun instructor, Emma will guide your child through stretching and breathing techniques to enhance their emotional, physical and social wellbeing.

These 1-hour sessions are aimed at alleviating stress and anxiety as well as promoting flexibility, strength and increased energy levels.

Suitable for tweens aged 9-13 years. Snacks are provided. BYO yoga mat & water bottle.

WHERE: Kurunjang Community Hub
33 Mowbray Crescent, Kurunjang, 3337

DATE: Fridays: April 23 – June 26

TIME: 3:45pm – 4:45pm

COST: \$28 (10 sessions)

BOOK: meltonlearning.com.au

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