

Term 2 Courses



KID'S YOGA

Monday and Thursday 4:30pm - 5:15pm

A fun and interactive class for children aged 5-10. Children will be introduced to yoga poses, breathing exercises, meditation and mindfulness through stories, yoga practice, music, visualisation and FUN.

Our course will give your child a foundation in a mindfulness practice which with enough repetition becomes a reflex response to help combat the stress and anxiety they can encounter in their young lives.

- Reduces and teaches stress management tools
- Improves fine and gross motor skills
- Improves sleep and digestion
- Increases strength and flexibility

TEEN'S YOGA

Tuesday 4:30-5:15pm

Aimed at 13-17 year olds this course will deliver benefits to your teen through the physical practice of yoga and guided meditation. Students will leave with a meditation practice they can then take into their own lives and access at any time. Studies are suggesting that meditation improves memory, reduces stress and can assist with the anxiety that many teens encounter as they transition from childhood to adulthood. Introduction to a yoga practice gives your teenager a powerful tool to help maximise academic success and manage emotional turbulence on their path to adulthood. This is a great opportunity for your teen to widen their network with other like minded teens outside of their usual school community.

Term Two Courses run for ten weeks and cost \$125

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