

# Family Yoga

Facilitated  
by an  
Occupational  
Therapist

Play, move, laugh & breathe  
together through yoga!



When: Saturday 6th October, 2:00pm-4:00pm

Where: Tidal Flow Yoga & Wellness

Cost: \$45 for a family of 3 and \$10 for each additional person.

Register online: [www.tidalflow.yoga/kidsyoga](http://www.tidalflow.yoga/kidsyoga)

Phone: 9942 3841

MOVEMENT &  
YOGA

CONNECTION

AFTERNOON  
TEA