

Mindfulness and Movement School Holiday Program

Mindfulness and Movement school
holiday program is here!

Orwil Street Community House

Children aged 5-10 years of age

**TUESDAY
3RD OF
OCTOBER**

12-4PM

Exploring mindful mantras through still and active meditation, kids yoga and the teaching of rhythm and flow through primal animal movements. This unique program also includes fun yoga games for the children and making beautiful crafts for the kids to take home. The class strengthens attention, calms the mind and improves body awareness.

Cost: \$35 per child

16 Orwil Street Frankston, 3199

Contact Darren James

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