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

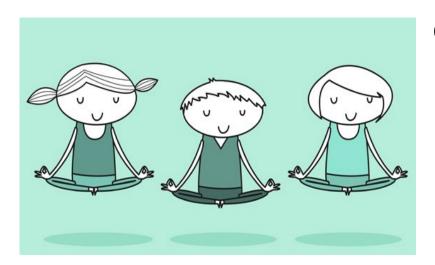
meditation, kids yoga and the teaching of rhythm and flow through primal animal movements. This unique program also

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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