



Shine Om

Calming Champions

Kids Yoga

Afterschool yoga classes are for kids, aged between 5-12 (primary school-aged) and are held in Page, Belconnen.

This term is an opportunity for children to learn yoga poses to cool their bodies in the summer heat and strategies to 'calm the farm' by managing back-to-school anxiety. Classes are held outdoors if the weather permits.

Your child will learn to:

- * Develop an understanding of yoga poses to cool the body
- * Use strategies to reduce stress, anxiety and calm the mind
- * Use their senses to bring awareness to their present body
- * Connect with their natural environment through sensory play and mindfulness

Pricing Schedule

6 Weeks yoga	\$90
Casual drop-in class	\$20
3 Class pass	\$52

Term 1 2020 Dates

26th February to 1st April
5:30pm to 6:15pm

Your child's first Shine Om class is free but not in conjunction with any other offers.

