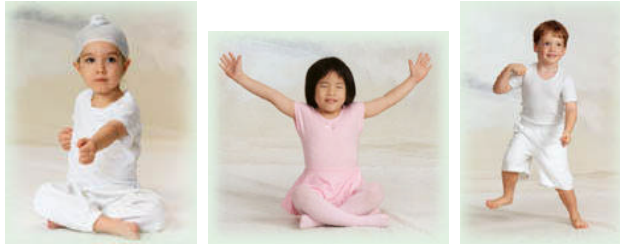


Yoga for Children

helping our children to calm, focus
and nourish their minds, bodies and spirits



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Join in fun, imaginative children's yoga classes.

Children's Yoga -

- ☯ Helps children calm and focus
- ☯ Enhances coordination and muscle strength
- ☯ Encourages non-competitive fitness
- ☯ Directs energy utilising fun and creative activities
- ☯ Coordinates left/right brain hemispheres
- ☯ Helps with study
- ☯ Increases self-esteem and self-discipline
- ☯ Brings peace, serenity and self-awareness
- ☯ Includes games, stories, relaxation, visualisation
- ☯ Is lots of FUN!

Classes available:

4-10 year olds 4:00pm-5.00pm Wednesdays
10-14 year olds 5:00p -6:00pm Wednesdays

Term 4: 18 October - 20 December 2006
Peninsula Community Centre
93 McMaster's Road, WOY WOY NSW 2256
\$60 per term or \$8 per class casual
(free introductory class available)

Bookings Essential. Contact Mychel Ellis
(02) 43 602 603 or mychel@ihug.com.au

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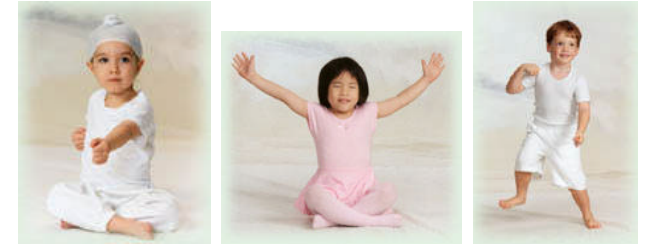
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