



Prakasha Yoga



is happy to introduce...

Kids Yoga With Jyoti

Fun ways to stretch your body, mind and smiles.

Mondays
4.15 – 5pm
Snug
Community Hall
For Ages 5 - 7
Years

Term 3, 2017

**Five Week
Courses
\$50**

**Limited Spaces
Register Now!**

**Phone: Jyoti
0411 448 176
(or see email below)**

*Registered to work
with children.*



Email: jyotisunshine7@gmail.com



Mindfulness

Calm

Join me for five, fun
weeks of Yoga

Breathe

Games

Gratitude

Stretch

Rhymes