

Prakasha Yoga

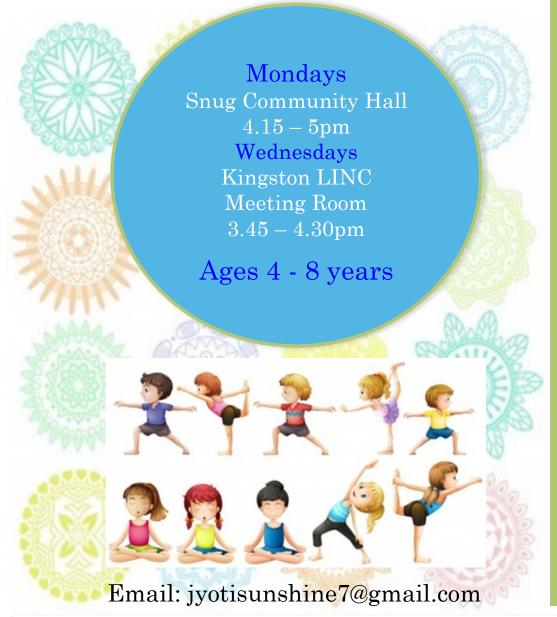


is happy to introduce...

## Kids Yoga

vitn Jyo

Fun ways to stretch your body, mind and smiles.



Term 4 2017

45 min. Class

\$12.00

Limited Spaces Register Now! Phone: Jyoti

0411 448 176

(or see email below)

Registered to work with children.



Mindful Breathe

Stretch



Join me in a fun & focused exploration into Yoga

Confidence

Rhymes