



Prakasha Yoga



is happy to introduce...

# Kids Yoga With Jyoti

Fun ways to stretch your body, mind and smiles.

**Mondays**  
Snug Community Hall  
4.15 – 5pm  
**Wednesdays**  
Kingston LINC  
Meeting Room  
3.45 – 4.30pm  
**Ages 4 - 8 years**

**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.*



Email: [jyotisunshine7@gmail.com](mailto:jyotisunshine7@gmail.com)



**Mindful**

**Breathe**

**Stretch**

**Calm**

**Games**

*Join me in a fun & focused  
exploration into Yoga*

**Confidence**

**Rhymes**