

Starts in January 2017



YOGA

FOR KIDS

Yoga For Kids is a kid-friendly version of adult Yoga with lots of fun songs and activities. It is also an excellent way for children to release stress and reset their mind from overwhelming thoughts.

The beauty of Yoga For Kids is that the taught lessons of mindfulness and mediation techniques can also be practiced outside of the classroom. Additionally, Yoga for kids strengthens muscles and helps improve balance and coordination.

Day : Thursday & Saturday

Time : 3:30pm to 4:30pm on Thursday
9:00am to 10:00am on Saturday

Fee : \$185 per class

Age : 4-10 years old (Thursday)
3-5 years old (Saturday)

Venue : Studio A 2/F (Thursday) and Squash Court (Saturday)

Instructor : Megan Lee Chase

**NEW
CLASS**



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For enquiries and registration, please contact the Fitness Centre on 2657 8292