



Mindful Minis – Yoga for 5 – 7 Year Olds

Thirty minutes, once a week, for five weeks! Story-based Yoga movement, mantra and meditation designed to build your child's self-awareness, focus and well-being.

Where: 2 Butterfly Court, Benowa (Parking along Scenic Drive)

When: 3.30 – 4pm Mondays 19 October – 16 November

What to bring: Comfortable clothes (like school sports uniform)

B.Y.O. Mat or use ours, water bottle

Cost: \$50 per child. Class size is limited & bookings essential

Contact: fuyuko@premayoga.com.au or mobyoga@optusnet.com.au

Your child's teacher: Trish David is a registered teacher, registered Yoga teacher, Yoga therapist and counsellor.

Be safe, be happy, be a friend

