



# KIDS YOGA

## 6-WEEK PROGRAM

13 February to 26 March 20



### SESSION DETAILS

#### DATES

Thursdays

13 February to 26 March  
2020

NO CLASS 12 MARCH 2020

#### TIME

3:30pm to 4:30pm

Fruit snack provided

#### VENUE

Central West Women's  
Health Centre  
20 William Street  
Bathurst

#### TO REGISTER

Contact Antonia Ravesi  
Child Adolescent & Generalist  
Counsellor, Diploma in Yoga  
Level 1

T: 6331 4133

E: [aravesi@cwwhc.org.au](mailto:aravesi@cwwhc.org.au)

Six-week children's yoga program  
for primary school aged children  
(5 years to 11/12 years old)

#### Improves:

- Flexibility
- Strength
- Coordination
- Concentration

#### Encourages:

- Relaxation
- Fun
- Self-regulation
- Mindfulness

Places are limited so book early

**NOTE: NO CLASS WILL BE HELD ON  
12<sup>th</sup> MARCH 2020**