1E The Bernoth Centre,  
663 Ruthven St, Toowoomba

“Happy, healthy Kids Yoga”

Relaxed Kids=Happy families
Yoga for Prep – Grade 7

New Term 7 weeks Commencing
Wednesday 12th February 3.45 to 4.30pm

Would you like to be as fearless as a lion?  
As brave as a warrior?  
As steady as a tree?  
As poised as a snake?  
As light as a feather?

Come and have fun and learn to experience those postures with yoga—create a balance with body, mind & spirit.  
Improve your ability to:

. Be happy
. Concentrate
. Breath efficiently
. Strengthen your body
. Release emotional tension & relax

Cost $56.00

Phone 46333701 or 0407971173 to make a booking.  
Email: chris.yoga@bigpond.com