

# AFTER-SCHOOL KIDS YOGA AT MIC



✨ Calm minds, happy hearts, confident little learners! ✨

☀ About the Program:

Let your child explore mindful movement, creativity, and emotional regulation in a fun, safe environment.

**Tuesdays, 3:15–4:00pm**

 **Term: 8 weeks, starting  
Week 2, Term 1 – 2nd February  
2026**

**Cost: \$150 per child for the  
term**

Each session includes:  
Yoga & mindful movement  
Creative play activities  
Breathing & focus exercises



**BOOK HERE**

Or contact Erika 0420478173  
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