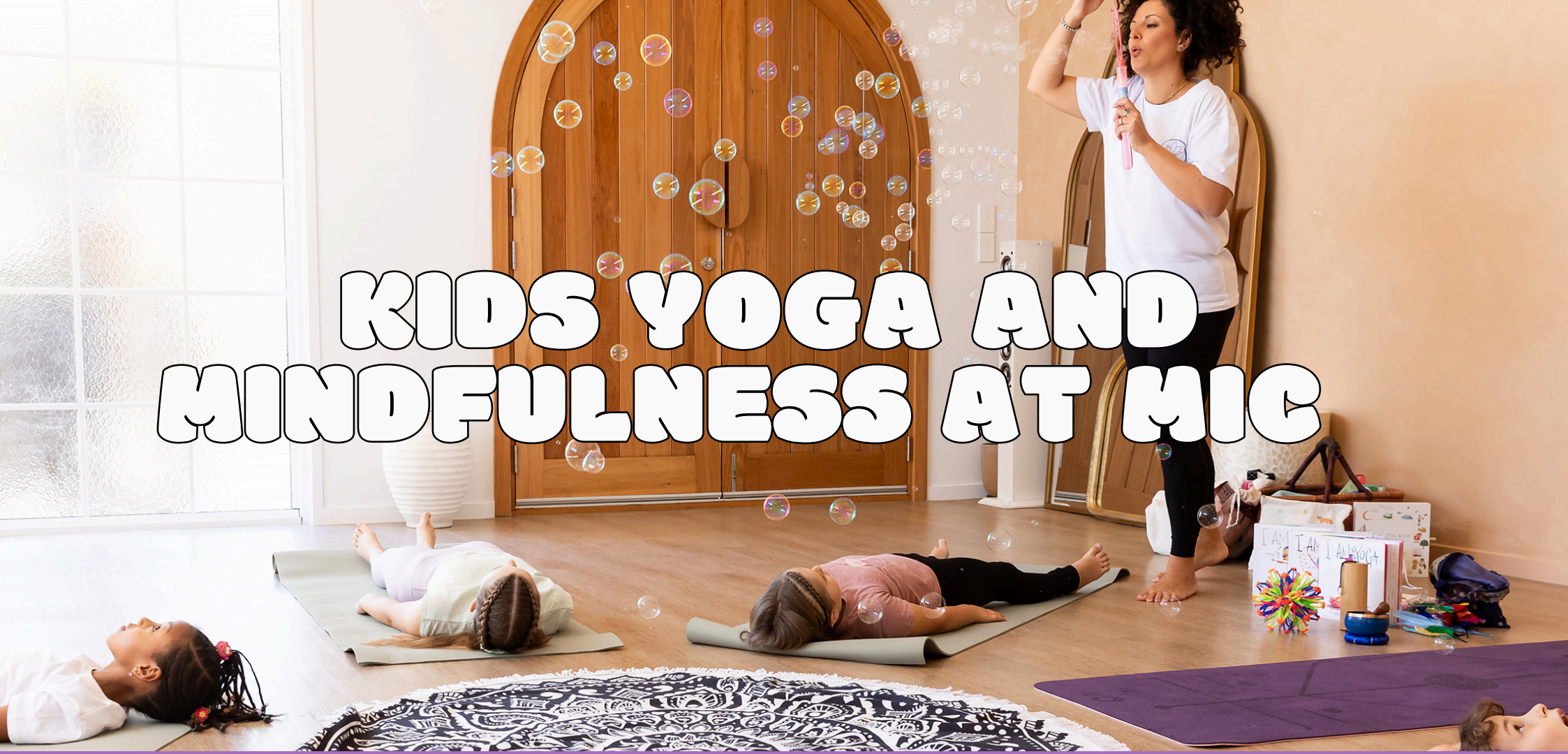


KIDS YOGA AND MINDFULNESS AT MIC



✨ 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 3
– 21st July 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
kidsyogawitherika@gmail.com
www.kidsyogawitherika.com.au

