



KIDS YOGA AND MINDFULNESS AT MIC

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

Tuesdays, 3:15–4:00pm



Term:

**8 weeks, starting Week 2, Term 4
– 13th October 2026**

Cost: \$180 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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