

SMILING HEARTS KIDS YOGA WITH SANDRA



Smiling Hearts Kids Yoga with Sandra is all about fun and creating a beautiful, mindful space where children feel part of a healthy non competitive group.

Through fun Yoga activities children are guided to build foundations of mindfulness. Yoga promotes living in the present and can enhance self confidence plus the obvious benefit of physical activity.

Yoga encourages children to be at peace with themselves through a hollistic approach - mind, body and spirit.

When: Saturday

Ages 3-6, 11.15am - 12.00pm

Ages 7-12, 12.45pm - 1.15pm

Where: Notting Hill Neighbourhood House

37 Westfield Drive, Notting Hill

For further information contact Sandra on 0423 107 465

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Smiling Hearts Kids Yoga