



# GLOWING HEARTS YOGA

## Lunchtime Yoga & Mindfulness



**Yoga Games**

**Movement**

**Mindfulness**

**Meditation**

**Fun**

### Benefits of Kids Yoga & Mindfulness

- Improves focus and concentration
- Increases the ability to self-regulate
- Improves strength, flexibility and balance
- Decreases negative behaviours
- Teaches kids how to manage their own stress & anxiety
- Increases cognition
- Nourishes creativity
- Builds coordination
- Improves fine & gross motor skills
- Develops self-discipline & self-control
- Expands self-awareness

**Creates a calmer, happier, more cooperative classroom!  
Calm minds, Glowing hearts!**

### Years 3-6: Thursday lunchtimes

**\$75 for the balance of term 3  
(11, 18, 25 Aug, 8, 15 Sep)**

**Room 33**

Limited spots available

### F - Year 2: Friday lunchtimes

**\$75 for the balance of term 3  
(12, 19, 26 Aug, 2, 9 Sep)**

**Room 33**

Yoga mats provided

**To enrol your child, please complete the online enrolment form at [glowingheartyyoga.com.au](http://glowingheartyyoga.com.au)**



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