



Caulfield South Community House

Children's Yoga With Lillian

Yoga for children is a class FULL OF FUN! Going through yoga adventures and journeys. We develop strength, flexibility, coordination and balance for the body, while at the same time, we exercise the mind through mindfulness, breathing techniques and positive thinking.

All Yoga Classes are \$13.00 per participant (\$11.00 for concession)

Yoga participants to join as Community House members @ \$15 per annum

Thursday 4.00pm – 4.45pm (Kinder – Grade 2)

Thursday 5.00pm – 5.45pm (Grade 3 – Grade 6)

