



KID'S YOGA MONKEY CLASS

Yoga monkeys are yoga classes suitable for children 5-10 years old!

- Builds confidence and self esteem
- Promotes balance, flexibility, coordination and strength
- Helps deal with stress and difficult emotions
- Develops the creative side (uses imagination)
 - Increases attention span
 - Improves concentration

Classes are held every Saturday from 10:00-11:00 AM
153 Cooyar St. Noosa Heads, Qld 4567
Studio: 07 5449 2831
Manyaia: 0423 350370

- \$15 for a casual, drop-in class
- \$10 a class if paid one month in advance
- Please arrive 15 minutes early
- Bring a mat, towel and water (available at studio if needed)