

Kids 2019

Yoga &

Mindfulness

Bringing happiness, fun and positivity.



PHOENIX
YOGA STUDIOS

So many great reasons...

- Yoga is non-competitive.
- Teaches self-acceptance and self-awareness.
- Encourages healthy habits.
- Improves mental focus.
- Teaches calming techniques.
- Supports positive mental health.



We come to you - super easy.

Our qualified kids yoga and mindfulness teaching staff come to you. Police checks and relevant documentation can be supplied. Phoenix kids teaching staff:



Shannon



Cyndi

DETAILS

Class Activities

Some of the activities our teachers share with your kids:

- Imagination based yoga for body awareness and coordination
- Building mindfulness and compassion
- Animal inspired yoga
- Story telling interactive yoga
- Sharing circle
- Relaxation techniques
- Breathing exercises
- Yoga dance
- Yoga art and creativity
- Partner yoga for cooperation and healthy communication

Class Length

We suggest the following time frames for best results:

Kids 3 to 7 years old 30 to 45 minute sessions

Kids 8 to 12 years old 45 to 60 minute sessions

Pricing

All classes are \$125 plus GST Discounts apply for multiple class bookings.

- Maximum class size is 15 students. If you have more we can split that group into two sessions.
- A staff member from your facility must be present at all times.
- Price includes the teacher and any props they may use. If you have props at your location and are happy for us to use them that is great too.

CONTACT

To discuss further please contact Sanjay:

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To read more about Phoenix Yoga Studios please head to:

www.phoenixyogastudios.com.au