

# EMPOWERED KIDS YOGA



REGISTER YOUR  
INTEREST FOR  
YOGA CLASSES  
STARTING IN  
TERM 2 - 2017

**DOES YOUR CHILD HAVE CHALLENGES WITH: SELF ESTEEM,  
FOCUS AND ATTENTION, STRENGTH, BALANCE, COORDINATION,  
EMOTIONAL OR SELF REGULATION, OR SLEEP.**

CLASSES AVAILABLE FOR CHILDREN AGED BETWEEN 3 - 10 YEARS .

SMALL CLASS SIZES OF 4-6 CHILDREN PER CLASS.

RUN BY A PAEDIATRIC OCCUPATIONAL THERAPIST WITH SPECIALISED TRAINING IN CHILDREN'S YOGA.

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FOR MORE INFORMATION OR TO BOOK, CONTACT US TODAY:  
[WWW.EMPOWEREDKIDSOT.COM.AU](http://WWW.EMPOWEREDKIDSOT.COM.AU)

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