

YogaLou

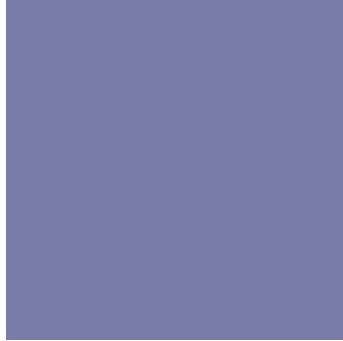
Yoga Studio

FLEXIBILITY. STRENGTH. RELAXATION



+ KiddyLou Yoga Handbook

- ✓ Toddler & Preschooler Classes
- ✓ Primary School Yoga Classes
- ✓ After or Before School care Yoga
- ✓ School Holiday Yoga Sessions
- ✓ KiddyLou Yoga Parties



Mini Yogis

Toddler & Preschooler Yoga Classes.

In these classes, children will Stretch, Move and Relax together, improving not only group participation, collaboration, strength, coordination, flexibility and balance, but also body awareness, better focus and concentration, and self confidence.

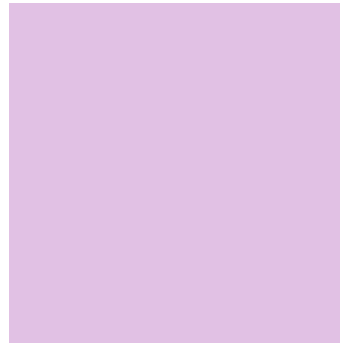
Children will be introduced to yoga poses, breathing and meditation through stories, songs, music, yoga games and guided visualisations in a fun, non-competitive and supportive environment.

YogaLou offers children the ability to control their body, how to breathe and how to relax. It's never too early for

little ones to learn how their body works, how to be calm, and how to raise concentration levels. Your little ones will also eat and sleep well after a class!

YogaLou also offers:

- Yoga Parties - offering fun and exciting games, recipes, party favors.
- Concentration
- Better Sleeping
- Group Participation
- Self Awareness
- Coordination
- Flexibility
- Self Confidence



YogiBears

Primary School Age Yoga classes. 5-12

Throughout the classes, children will Stretch, Move and Relax while they develop not only strength, coordination, flexibility and balance, but also body awareness, better focus, concentration, and self confidence.

Children will be introduced to yoga as a fresh new sport. Considering Yoga is non-competitive, non-violent and a great alternative to traditional school sports, it is a perfect opportunity to keep your little ones fit and healthy with other benefits beyond compare to other sports. Not to mention, dirt stains, bruises, grazed arms and legs aren't a problem with yoga.

Kids yoga is performed in a group environment, however children also have exercises that focus specifically on the child themselves.

Kids yoga is ideal for children of all shapes, sizes, and personalities. Children with attention deficits also benefit from the classes as each class gives the children a job to do and fun and exciting poses that keep focus as well as gentle relaxation and self-awareness poses.

Benefits of Primary School Aged Yoga:

- Low impact group exercises, meaning less injuries.
- Promotes calmness and creativity.
- Decreases bullying, obesity and restlessness.
- Low cost sport - mats provided.
- Before and after school yoga.
- School time yoga.
- School Holiday Classes



Term 1: January 1 - February 26 (8 Weeks)

Term 2: April 1 - May 27 (8 Weeks)

Term 3: September 1 - October 26 (8 Weeks)

Pricing and Information

KiddyLou Mini Yogis & YogiBears 8 Week Course - \$96.00

1 day a week for 8 weeks - 70 minute classes - Group Workshops

KiddyLou Mini Yogis & YogiBears Casual Classes - \$17.50

Primary School Classes:

Call Leeanne for pricing and information.

Before and After school programs, Curriculum, Sports Programs.

BONUS: For each school that signs up to the program, Staff receives a FREE weekly yoga class throughout the semester.



www.yogaloustudios.com

YogaLou Studios

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