

Y KIDS GET A BETTER START!

# Y-Kindergarten Yoga

YOGA CLASS for pre-schoolers (2-5 yrs)



9.30 to  
10.15am  
Thursdays



YWCA | HUNTER  
REGION INC

*Y-KinderYoga* is a practical yoga session that introduces yoga and mindfulness to your pre-schooler, perfect for growing minds and bodies! Yoga has many benefits including increased self-esteem, improved concentration, teaches relaxation and self regulation. It even improves the quality of sleep! Class is combined with a modified gym circuit.

### **WHEN?**

Thursdays *(during school term)*  
9.30–10.15am

### **WHERE?**

YWCA Hunter,  
24 Dawson St, Cooks Hill

### **HOW MUCH?**

\$10 per child *or*  
\$15 per family  
*(2 or more siblings)*  
\$10 annual  
registration fee



## **FOR MORE INFORMATION**

📞 02 4929 2954

📍 YWCA Hunter, 24 Dawson St, Cooks Hill NSW 2300

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🌐 [www.ywcahunterregion.org.au](http://www.ywcahunterregion.org.au)

📘 YWCA Hunter Region Inc.

📷 [ywcahunterregion](https://www.instagram.com/ywcahunterregion)