



Living Yoga

Children's Yoga Dance

Learn Yoga postures, breathing and stillness. Using elements of dance, we sequence them to world music and include instrumental sound exploration. Children develop social skills, confidence and creative expression while having fun!

Pre-school 3-5 years
(participating with an adult)
Thursday 11.00 to 12.00
Friday 11.00 to 12
Primary School age
Thursday 3.30-4.30

For enquiries and bookings please
phone Roslyn Alexander on
043 999 5655 or email
info@livingyogatasmania.com
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Principal Teacher of Living Yoga

Roslyn Alexander, B. Ed. Dip Teach, Grad Dip TESOL SYTA Acc level 2 teacher. Roslyn has been teaching in schools for 30 years specializing in Art, Music, Drama, Yoga and communication skills. Roslyn has been studying Hatha Yoga since 1975, accredited in 1997 as level 2 yoga teacher with the Satyananda Yoga Academy. She studies with Zasep Tulku Rinpoche, a Tibetan Meditation master. Currently she teaches yoga, meditation, children's yoga dance, creative parenting courses and stress management as Professional development.

“My aim is to encourage the spirit of each child to be expressed through their individual creativity. ”Roslyn

Yoga Dance 6 week course.

March 25th to April 30th 2010

The course fee is \$100 (\$50 deposit)

Concessions available. (\$90)

Enrolment information

Class time:

Name of Parent & Child

Child's Birth date (age)

Address:

Phone:

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