



## Living Yoga

### Children's Yoga Dance

Using elements of dance we sequence yoga postures, breathing and stillness to world music. We also practice instrumental sound exploration and visual arts. Children develop social skills, confidence and creative expression while having fun!

**Pre-school 3-5 years** (participating with an adult)

Wednesday 10.30 to 11.30

**Primary School age**

Wednesday 4-5pm

*NB Thursdays too if Wed is full*

### Dates

**Summer Holiday course:**

January 12<sup>th</sup> to Feb. 9<sup>th</sup>

**Autumn to Easter**

5 or 10 week courses

February 16<sup>th</sup> to March 16<sup>th</sup>

March 23<sup>rd</sup> to April 20<sup>th</sup>

Fee: \$90/\$80 con.

For enquiries and bookings please phone 043 999 5655

or email [info@livingyogatasmania.com](mailto:info@livingyogatasmania.com)

[www.livingyogatasmania.com](http://www.livingyogatasmania.com)

### 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. She has been studying Hatha Yoga since 1975, and was credited in 1997 as a level 2 yoga teacher with the Satyananda Yoga Academy.

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

### Enrollment information

Class time:

Name of Parent & Child:

Child's Birth date (age)"

Address:

Phone:

Please email your enrollment details and pay on line

[www.livingyogatasmania.com](http://www.livingyogatasmania.com)