

Meditation & Yoga Classes for CHILDREN

with Kati Patterson

Meditation and Yoga helps children transition into emotionally healthy adults. Reduces anxiety, raises self esteem and promotes tranquillity.

If your child (or grandchild) would like to attend, or for further information, you can contact me on:

katip@optusnet.com.au or phone **9510 3323**

Ongoing classes Thursday's 4:00 – 4:45pm

First session **free**

Session tuition \$10.

12-14 Surrey Rd. South Yarra



Session to include

- **Children's Yoga**
- **Breathing & relaxation**
- **Guided & Focus meditation**
- **Activity (Discuss or draw what is experienced)**
- **Vibration of sounds**
- **Affirmation**

Kati's profile –

Physical education teacher (primary & secondary)

Relaxation & meditation teacher 17 years

Yoga teacher (British School of Natural Therapies)