



Our engaging and fun yoga sessions are not about sitting still! Discover basic yoga poses for focus, co-ordination, balance and flexibility, along with breathing techniques that can be used to manage emotion. You will learn to be present and feel empowered, have fun with partnered poses and yoga games and, at the end of each session, enjoy peaceful relaxation.

Sessions are run by an experienced kids yoga instructor with a background in teaching, and can be tailored to all ages - or choose from one of the following themed sessions:

Yoga for Leadership

Work together in partnered yoga poses, build on teamwork through yoga games and use the breath to calm and build confidence. This session is perfect for building leadership skills.

Yoga and Emotions

Learn the tools and skills of yoga poses and breathing techniques to be calm and to recognise and manage difficult emotions, while also having some fun with a yoga game.

Yoga for a Healthy Mind and Body

Gain an understanding of the benefits of yoga on the mind and body, while having lots of fun! Engage in basic yoga poses and partner poses, practice breathing and take part in yoga games.

Yoga for Sporty People

Learn to stretch safely through yoga poses and engage correct breathing techniques through movement and mindfulness. This yoga session will compliment everyone's sporting activities.

Yoga for Self-Esteem and Confidence

Through yoga poses and affirmations (positive statements), discover new skills to build on self-esteem and confidence while also engaging in yoga games and relaxation.

If you are unsure of the most suitable session to best suit your needs, or would like to enquire about a tailored session, please contact Simone our yoga instructor directly on 0408 259 150.

Contact our friendly staff today to incorporate a Themed Yoga Session into your next camp or team building event.