



# YOGA FOR KIDS & TEENS

Mindfulness,  
movement and breath  
practices  
that empower kids  
& teens with essential  
skills to calm and  
relax, to regulate and  
to energize and to  
thrive in healthy ways.

Term 2 2025

Friday afternoons

Kids 3:45pm 4:40pm

Teens 5pm – 6pm

Naturaliste Community  
Centre Dunsborough



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