



SCHOOL HOLIDAY YOGA & ART WORKSHOPS

Our inspiration for these fun and engaging workshops comes from this fun filled time of year which all children love - EASTER!! We will explore and create all things yummy and bunny related!! From Easter Bonnets - Yoga Style! To all kinds of Easter Egg inspired fun!

Of course, our Yoga will tie in perfectly with related poses, affirmations, meditations and games.

The children will takeaway both tangible and intangible keepsakes and hopefully will leave feeling calm, at ease and more confident. Here's what the programme looks like:

TUESDAY 11th April

ART ELEMENT: EASTER BONNETS TRANSFORMED INTO YOGI HEADRESS!

YOGA THEMES: I CONFIDENT, I AM UNIQUE

WED 12th April

ART ELEMENT: PLUSH YOGI BUNNY MAKING AND DECORATING

YOGA THEMES: I AM CALM, I AM PATIENT

TUESDAY 18th April

ART ELEMENT: EASTER EGG & YARN ART

YOGA THEMES: I AM CREATIVE, I LOVE NATURE

WEDNESDAY 19th April

ART ELEMENT: TORN PAPER COLLAGE inspired by Dawn Maciocia

YOGA THEMES: I AM BEAUTIFUL, I AM GRATEFUL

CLASS TIMES 9.30 - 3pm
LODGE STREET, BALGOWLAH

ABSOLUTELY NO YOGA EXPERIENCE REQUIRED, MATS PROVIDED , ALL ART MATERIALS SUPPLIED. BYO FOOD & DRINK BOTTLE.

PLEASE BOOK EARLY TO AVOID DISAPPOINTMENT AS WE ONLY TAKE 8 STUDENTS PER WORKSHOP. COST \$75

Contact me, Jo Hemingway at jo@onehappyorange.com.au or 0481 525 615