

# The Hungry Yogi



**\$29**

**SCHOOL HOLIDAY WORKSHOP:  
6-12 YEARS**

**COOGEE SCOUT HALL  
THURSDAY JULY 10<sup>TH</sup> 2025  
3.30 - 5PM**

**Limited  
Spots**

**Tummy Troubles? Focus Issues? Anxious Kids?**

Feed their **focus**. Fuel their **calm**. Our Hungry Yogi workshop combines techniques that have been proven to boost **digestion** and the gut/brain connection in a playful and empowering way.

Join us!

**To secure your spot or to learn more, please email  
[info@sydneychildrensyoga.com.au](mailto:info@sydneychildrensyoga.com.au)**



SYDNEY CHILDREN'S  
**YOGA**

