



YOGA PLAYGROUP

21 April - 23 June

14 July - 15 September

6 October - 8 December

Wednesdays 11.00am – 12.30pm

\$60 per 10 week term

Mortdale Community Centre
Boundary Road, Mortdale



Yoga Playgroup is a space to be nurtured, connected and supported in the parenting journey. Connect with yourself, your like-minded community and your little ones.

Every session is different and we guide you through mindful and playful yoga activities. The yoga is suitable for newborns right through to grandparents and is communal, interactive and fun!

This group is suitable for 0-5 year olds who are not yet attending school to attend, with their carers.



**TO ENROL CALL MAREE AT
JUBILEE COMMUNITY SERVICES
Monday to Friday: 9.00am - 4.00pm
Phone: 9579 6322
Email: communityworker@jubileecs.org.au**

The facilitator for this group will be Amy Sadgrove and you can see more information about Amy or the group on www.yogaplaygroup.com.au

