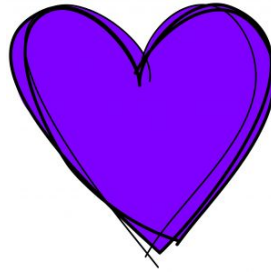




Yoga and Creativity Parents and Toddler



Course Title:	Open heART – Let what's inside out! Parents and Toddler		Age Group:	Kids	
Tutor:	Hayley Lowe	Tutor's Phone No.	0555969740		
Cost (AED):	500 AED				
	Start time:	End time:	No. Weeks:	Hours:	Material Fee:
Sunday	10:00am	11:00am	6	1	0

Type of course:

Registration at any time depending on vacancies

Description:

Statement: Open heART combines story telling, yoga and creativity in a fun non competitive environment. Yoga adventures take us to beautiful imaginary places where creativity is ignited. Yoga postures, breathing and relaxation techniques aid self expression by releasing anxieties, boosting self confidence, physically mobilising joints and muscles and allow the children space to explore their intuitive nature. Returning from our adventure we will be ready to visually express what was experienced through painting, drawing, movement and games.

This class is for parents and children to explore and create together.

Maximum number: 15