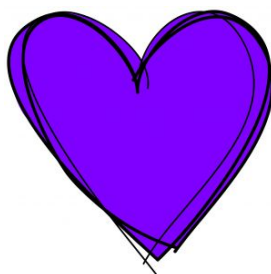


Dubai Community Theatre  
& Arts Centreمركز دبي الاجتماعي  
ومركز الفنون

<b>Course Title:</b>	Open heART		<b>Age Group:</b>	Kids	
			6-7 Years		
<b>Tutor:</b>	Hayley Lowe	<b>Tutor's Phone No.</b>	0555969740		
<b>Cost (AED):</b>	600 AED				
	<b>Start time:</b>	<b>End time:</b>	<b>No. Weeks:</b>	<b>Hours:</b>	<b>Material Fee:</b>
<b>Wednesday</b>	3.30 pm	5.00 pm	6	1.5	20dhs

**Type of course:** Consecutive weeks, 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.

**Maximum number: 15**