

2 DAY SCHOOL HOLIDAY WORKSHOP



Yoga



Mindfulness / Meditation



Team building



Self - Inquiry



Games and Crafts



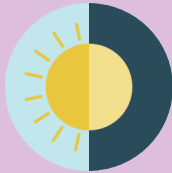
Theatre Sports



Improvisation



Innovative Design



Communication Skills



Creative Problem Solving



Resilience

A chance for kids to **unplug** from technology and learn what it really means to be a 'Well-Being'. We focus on Physical, Social and Emotional Health and endeavor to equip kids with some **new skills**, tools and strategies to help in challenging times.

We want to help **build confident** kids with a deep sense of connection to self!!

WHEN: Tuesday 3rd & Wednesday 4th of October

WHERE: Camberwell, Melbourne

COST: \$199 for 2 whole days! 9:00am - 3:30pm

AGE: 6-12years All other details provided at booking.

with:
yes2yoga
FOR kid

BOOK NOW!
Ph: 0437257743
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with:
THE LITTLE THEATRE LAB