



Yoga Journey - Term 1 2019

SATURDAY 16TH FEBRUARY

What is Yoga?

SATURDAY 9TH MARCH

Find your flow

SATURDAY 23RD FEBRUARY

Mindfulness and the
power of your breath I

SATURDAY 16TH MARCH

Flow and fly

SATURDAY 2ND MARCH

Mindfulness and the
power of your breath II

SATURDAY 23RD MARCH

Learn to look at the world
in different ways:
inversions

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