



MINDFUL MOVEMENT

Mindful Movement is our yoga-based program. Children are led through an age appropriate warm up, followed by a series of yoga flow poses.



- Combines stretching and strengthening, while concentrating on relaxation and mindfulness.
- Develops core strength, flexibility and balance.
- Increases wellbeing through mindfulness.
- Suitable for any age group, movements are adapted so all children work to their ability.

To book, or to find out more about our programs, contact us:

MISSFIT
MOVEMENT

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missfitmovement.com

POSITIVE
EDUCATION IN
ACTION

SPORTING SCHOOLS
AFFILIATED

RELAXATION
WELLBEING
MINDFULNESS

PROGRAMS ADDRESS
ACARA OUTCOMES

WE CAN TAKE UPTO 4
CLASSES AT ONCE

GREAT FOR YOUR
SPECIALIST SPORTS
PROGRAM

ALL INSTRUCTORS:

- ✓ police checked
- ✓ teachers or pre-service
- ✓ completed child safe environments
- ✓ expertly trained
- ✓ deliver quality programs