

WOOLWICH
COUNSELLING
CENTRE
PRESENTS

CONNECTING MIND AND BODY FOR KIDS

AGES 7-10

In-person group

A fun and engaging yoga and mindfulness children's group. Through playful games and activities, children will learn breathing techniques, yoga poses and calming exercises to connect with their thoughts and feelings.

Please bring yoga mats.

FEE*: \$100

*Further subsidies
available if needed.

**THURSDAYS, NOV. 10, 17, 24,
DEC. 1, 8 2022**

5-6 PM

LEARN MORE AND REGISTER:



519-669-8651



INFO@WOOLWICHCOUNSELLING.ORG



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