

Introducing...

Twyst **YOGA**

to PBC Students



Our fun and engaging program is now running on Mondays at Gecko Hall

When: Mondays 1.45-2.30pm

Where: Gecko Hall, Duringan St, Currumbin

As a certified kid's yoga instructor, I will guide the students through a variety of yoga poses and breathing exercises tailored to their age.

Bringing the benefits of Yoga to PBC students:

- **Improved flexibility and strength**
- **Increased self-awareness and confidence**
- **Reduced stress and anxiety**
- **Improved focus and concentration**

Contact Isla on 0421 131 667 to arrange a free trial