

MINDFULNESS AND YOGA FUNDRAISER



In our modern busy lifestyles, it's so important we take time out for ourselves to De-Stress and BREATHE. Join us at the School Hall on Saturday 19th August 2-4pm as the ladies from Jayayoga Studio come in to teach us a Yoga Class of Gentle Movement, Breath Work and Mindfulness that is suitable for all ages and stages of life, as well as all levels of movement capability. Following the class, the PTA will be providing some refreshments.

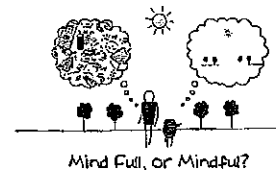
Name: _____

Child's Name: _____

Room: _____ Number of Tickets: _____

I have enclosed \$ _____ Payment made via Kindo _____

This is the first time Windy Ridge has hosted an event like this and profit is going to the School so please get your tickets today!



100% of