



## YOGA



**Yoga for kids:** from 4<sup>a</sup> a 6<sup>o</sup> graders, on Monday from 16h a 17h. (1 session a week)

60 minutes

**Yoga for families:** for chids aget 4 to the 3<sup>o</sup> of primary (2 persons, parent and child) Wednesday from 16 a 17h. (1 session a week)

60 minuteS

**Trainer:** Laura Thieme

**brains**  
INTERNATIONAL SCHOOLS

