

Yoga 2 dance with Edna Reinhardt



A 3 hour workshop for parents, kindergarten and primary school teachers as well as yoga or dance studio teachers.

This workshop is an overview of the natural progression from yoga 2dance for children from ages 4 to 13 years.

Participants will be guided through the class structures for different age groups as well as being introduced to the elements that make up these classes. An example of some of the subjects which will be explored are the 'age appropriate' postures, sequencing and choreography as well as focusing exercises and music.

Where: Ashtanga Yoga Centre level 1, 110 Argyle St Fitzroy.

When: Saturday 12th November 2011 from 2 pm until 5 pm.

Who: Edna Reinhardt is the principal of ***Over the Moon Yoga and Dance Studios*** and author of the ***Yoga Education Resources*** series.

Cost: \$60

Enquiries: ph: 03 54705061

email: overthemoondance@bigpond.com



More information about Edna Reinhardt, Over the Moon Studios or Yoga Education Resources.

www.overthemoonstudio.com