

WELLNESS DAYS AND RETREATS

Did you know that **YOGAZOO** offers assistance to schools that wish to do wellness days or retreats in their primary school or high school.



Wellness days/retreats includes:

- Mindfulness exercises and activities
- Mindfulness movement
- Meditation
- Yoga
- Dance
- Nutrition talks
- Workshops that incorporate all areas stated above

Why choose us:

- We're passionate about promoting health/well-being to children and teens
- Our classes/workshops are educational, fun and engaging
- All of our teachers are fully qualified school teachers, yoga teachers and kid's yoga trainers with many years of experience and WWC
- We are Perth based.

We are able to design a **program unique to your school** and students. If required, we can also assist in the facilitation of a full program from beginning to end.

For further information, contact Michelle
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