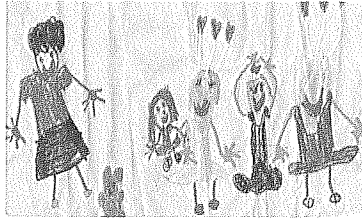


# CREATIVE MOVEMENT DANCE AND YOGA CLASSES FOR CHILDREN



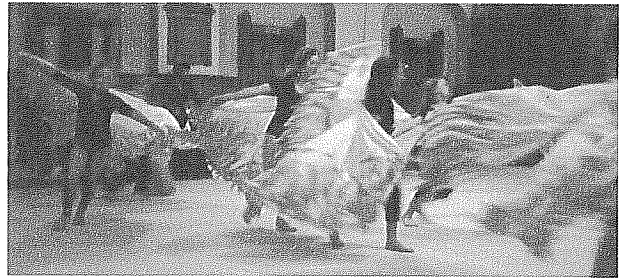
Children learn to value themselves and their creative output. They will learn to extend their personal movement styles and explore an ever increasing range of movement possibilities. Work respectfully within a group, both leading, following, watching and developing their listening skills. Children will also learn to appreciate and respond to varied styles of music.

<b>MONDAY</b>	
10.15 - 11.00 am	2 to 3 YEAR OLD (with parent)
11.15 - 12.00 pm	3 to 5 YEAR OLD
<b>WEDNESDAY</b>	
10.15 - 11.00 am	2 to 3 YEAR OLD (with parent)
11.15 - 12.00 pm	3 to 5 YEAR OLD
<b>FRIDAY</b>	
10.15 - 11.00 am	2 to 3 YEAR OLD (with parent)
11.15 - 12.00 pm	3 to 5 YEAR OLD
1.00 - 1.45 pm	4 to 5 YEAR OLD



Classes held at :  
**The Augustine Centre**  
2 Minona st  
Hawthorn

For further information  
and enrolment details  
contact :  
Susan Russo  
The Movement  
Centre  
ph.0433259135



**'Classical music has been documented to have benefits in concentration and awakening the imagination'.**

- At the Movement Centre the knowledge and experience of each teacher enables them to design a program exploring movement and dance in an innovative environment.
- Inspiration for the dance comes from a wide variety of sources, music ( classical, contemporary and world) creative design, props, imagination and nature thus stimulating creative thinking, expression and intellectual growth. Activating the body spirit and mind, "the whole of the child".
- With spontaneous and joyful expression, children's natural imagination is enhanced in an environment of trust and care.
- Children gain an understanding a unique and artistic awareness by exploring movement such as rolling, leaping, dancing and yoga.
- Creative movement yoga and dance classes develop the potential of younger children extending their bodies, enhancing focusing skills whilst giving the child the opportunity for spontaneous and joyful expression.
- Through yoga school age children gain great benefit as the postures control and soothe, removing anxiety, tiredness through stretching and breathing so enhancing mental focus and physical well being learning to breathe in the stillness.

Contact Susan Russo  
The Movement Centre  
ph. 0433259135

