




Bronwyn Wilson, Director & Founder

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 Stretchy Souls Kids Yoga

STRETCHY SOULS YOGA FOR KIDS TERM 3 WEEKLY CLASSES - PARENT INFORMATION & FAQ'S

Who is Stretchy Souls Yoga for Kids?

Bronwyn Wilson is the Director and Founder of Stretchy Souls Yoga for Kids. Bronwyn has over 10 years teaching experience and is qualified with RYS200 Hour Yoga Teacher Training through Being Yoga, and Level 1 Kids Yoga Teacher Training through Zenergy Yoga.

Where is Clayfield Yoga Studio?

Clayfield Yoga Studio is upstairs in the RSL Building, on the corner of Vine St and Wagner Rd, Clayfield.

Where do I drop off my child?

When you enter the RSL building, climb the stairs to the right, to arrive in the waiting area of Clayfield Yoga Studio. You will be greeted by the Stretchy Souls Yoga Instructor. You'll say goodbye to your child here in the waiting area and exit the studio via the same stairs by which you entered.

Where do I pick up my child?

When you enter the RSL building, climb the stairs to the left which brings you to the exit door. Please wait here for your child to be released from the class. At the end of class, the children will be brought to the exit door with their belongings and other items created during class. Once your child sees you, you can collect your child and leave the studio.

What does my child need to bring?

Water bottle.

What does my child need to wear?

Comfortable clothing that they are able to move in easily.

What will they be doing?

They'll learn yoga poses, we'll do games and group work, including some partner work and breathing techniques to manage big emotions. We will do some mindfulness exercises such as mandala colouring. We work on self esteem through affirmation exercises and use doTERRA essential oils for a sensory smelling experience. We use the wall to challenge the children's balance and encourage them to be brave. We do relaxation and meditation as well.

Is it safe?

All Stretchy Souls Instructors have Blue Cards and are First Aid & CPR accredited. Every effort will be made to ensure the health and safety of your child during the class. The completion of the Registration and Waiver form is essential to enable the Instructor to become aware of your child's needs and tailor the class accordingly.