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Good morning,

Have you heard of the amazing benefits of Yoga for Kids?

- Increase concentration and patience
- Improve strength and flexibility
- Nourish creativity
- Increase emotional strength
- Build concentration
- Expand awareness of nature, animals and the environment

These are just a few of the fantastic rewards of yoga for kids. I am offering an exciting, new, dynamic and creative Yoga class for your school. I have held classes recently at East Derwent, Austins Ferry, Herdsmans Cove and Gagebrook Primary Schools for their Launch Into Learning programmes and Kinder, and at Chigwell and Tagarillia Family Centres. I am available to facilitate Launch Into Learning, kinder, prep, grade 1,2 and 3 and older classes upon request.

About me, I am Daniel, a father of 5 and 6 year old girls who have just started Kinder and Prep. I have enjoyed practicing Yoga, Meditation and Tai Chi in various forms for the last 13 years. My journey as a professional instructor began by completing a Yoga for Kids Training course with Rainbow Kids Yoga in 2014. I have spent a great deal of time with my own children as a parent and in playgroups, family centres, Kinder (helping out weekly with activities), and as assistant to the coach in my girls weekly Kinder Gym class. I have personally seen with my own children the benefits of a more mindful and aware approach to living.

I currently hold a Tasmanian Education good character check, expiring on 16/06/2017 and Public Liability cover.

I am happy to pass on some references and invite you also to check my Facebook page:
www.facebook.com/yogadala

Attached are 2 references. Please feel free to contact them, or my other references with any other queries.

References:

M'Linda Stubbs - Centre Leader Chigwell Family Centre Ph. 0427616237

Chris Mason - Community Inclusion Worker Chigwell Family Centre 03 62755333

Margie Nolan - Centre Leader Tagarillia Bridgewater Family Centre 61655450

Val Borrowisz - Hobart Gymnastics Academy 03 62633460