



TEEN HOLIDAY WORKSHOPS

Inspirit Urban Retreat
96 Middlesex Road, Surrey Hills



HELLO YOGA TEACHER:
ELENNI BALIS

YOGA FOR EVERY BODY...

Tuesday 12th or 21st April

10.00-11.00am

\$40.00*

School Years 6-9 (ages 11-14)

Yoga is for everybody and every body. It's the perfect way to get comfortable in your own skin, to challenge, to release, and (the best bit!) to relax at the end. In this workshop you will move on a yoga mat (or the floor!) in a way that feels good for you. You will be guided to try some yoga shapes and have fun while you do it.

JUST BREATHE...

Tuesday 12th or 21st April

11.30-12.30pm

\$40.00*

School Years 10-12 (ages 15-18)

Learn to use simple and accessible breathing practices as tools you can use each day to help you manage stress, find more clarity and focus, support improved memory function, and help you just generally float through school with more ease. Some gentle movement will also be included.

MIND MATTERS...

Tuesday 12th or 21st April

1.00-2.00pm

\$40.00*

School Years 7-12 (ages 12-18)

Learn some breath and meditation practices to help create clarity and calm. Using meditation practices to help navigate the whirling thoughts in the mind is such an important skill. You'll learn and practice some ways to focus and settle the nervous system and tips on how using these practices will create good habits to help you through the school year.

I've been a yoga student for more than 15 years. I love how moving my body and my breath can tap into some really interesting sticky spots of the mind. I love how this practice challenges as well as supports me. I have taught regular classes in a studio setting for 5.5 years, led workshops and assisted on teacher training courses and retreats. I completed my first 200hr training with Power Living in Melbourne in 2015, and have since studied further with exceptional yoga teachers from around the world. I am an eternal student.

I am currently studying a Masters of Teaching (Secondary) and am excited to merge these two streams together to support young people with the tools of yoga to help them navigate school and life with more ease, balance and focus.

My classes are dynamic, offer challenges, but are also supportive and nurturing. Embracing yoga for the sheer joy of it, classes aren't too serious and there are always a few laughs thrown in for good measure.

*All three workshops will run on both Tuesday the 11th & Thursday 21st April.

* All mats and props included for all workshops.

*Please wear comfortable clothes and bring a drink bottle.

*Proof of covid vaccination for 12+ years required.

*No food to be brought into studio.

*\$5 discount per workshop when you book MORE than one workshop! DISCOUNT CODE: HELLOYOGAMULTI

BOOKINGS: <https://www.trybooking.com/BYNFF>

ENQUIRIES: admin@helloyogakids.com / 0431 151 682