



LAGUNA  
LIFESTYLE

**Package Promotion:  
Junior, Kids & Teens**

Valid for first 10 sign-ups

**\$230** (10 sessions)



# KIDS YOGA WITH ELODIE

Elodie Giorgis is a health enthusiast who has 13 years of experience in yoga. She is certified as a Yoga Alliance Registered professional yoga instructor for adults and children. She emphasises on transforming one's life into a healthier and happier version of themselves through yoga, self-care, and other practices. She believes in sharing the knowledge of wellness to guide others with fun and creativity for children to develop the physical practice, improve their concentration and learn to relax.

The classes are dynamic and fun that include breathing exercises, various poses, flows and games. Let your children join in and learn the art of self-care and self-discovery through the Kids Yoga with Elodie.



## JUNIOR & KIDS YOGA CLASSES

	Junior Yoga (5 to 7 years old)	Kids Yoga (8 to 10 years old)
Date & Time	Friday, 2:30pm to 3:00pm Saturday, 10:00am to 10:30am	Friday, 3:15pm to 4:00pm Saturday, 10:45am to 11:30am
Venue	Recreation Room	
Price	Member: <b>\$25</b> , Hotel Guests: <b>\$35</b>	

## CERTIFICATIONS

- Registered Children's Yoga Teacher Training (RCYT)
- Registered Yoga Teacher (RYT-200)

## TEENS YOGA CLASSES

	Teens Yoga (11 to 14 years old)
Date & Time	Friday, 4:15pm to 5:00pm Saturday, 11:45am to 12:30pm
Venue	Recreation Room
Price	Member: <b>\$25</b> , Hotel Guests: <b>\$35</b>

Note:

1. This Yoga lesson is available for Laguna National Members and immediate family members only.
2. All prices are in Singapore dollars and subjected to government prevailing tax.

Register your interest and enquiries by emailing [lifestyle@lagunanational.com](mailto:lifestyle@lagunanational.com) or call **6326 1949**.