## Water Yoga

21st December 2008



Come and join us to have
lots and lots of fun!
lt is a pot luck,
BBQ Christmas party event
for you and your family.
Bring your friends along.

yoga playground



## **Programme**

2:00pm Arrival & Welcome
2:30pm Warming up
3:00pm Water Yoga & BBQ
Christmas party
5:00pm Party End



Parents are
encouraged to play
an active role in
this event
with their kids.
So come and be
introducing to the
yoga lifestyle
for the
whole family.

<b>×</b>
Name:
Contact No.:
Email:
Yes, I/we would like to attend this party together with:
1
2
3
Food to bring: & Bring along a gift each for exchange.