



GOYOKIDS

GOYOkids inspires kids to move their bodies and learn to be in control of their minds, with premium quality audio yoga stories, written especially for mini-yogis.

Based on popular children's tales and nursery rhymes, GOYOkids yoga stories offer parents and early childhood educators (usually with no yoga experience) the **opportunity to give their children time each day to relax and refocus.**

GOYOkids was founded by Nancy Lawford-Miles; a facilitator of sensory play classes for early childhood and Rebecca Schafer; qualified kids yoga instructor. With an army of small children amongst them, Nancy and Rebecca understand the importance of 'brain breaks' in a child's daily routine.

GOYOkids audio yoga stories incorporate **elements of yoga, pilates and tai chi, with plenty of giggles along the way.** The yoga stories are available online at www.goyokids.com.



CONTACT



0411 464 222



www.goyokids.com



hello@goyokids.com



facebook.com/goyokids

