



# Halloween YOGA



Join Mme Trout on a spooky Halloween "trick or treat" adventure. We will move, stretch and play our way through Halloween! We will learn bat pose, witch pose, pumpkin pose, black cat pose and many more.

We will learn new breathing techniques, make yoga ninja's and a Halloween yoga memory game, read a halloween story and play yoga games.

Come and meet new friends while getting ready for Halloween and learning new French words!

Wear comfortable clothes.



\*Please advise Mme Trout of any limitations or injuries.

