

# Let's Keep Active

## CHAIR YOGA SESSIONS

STREAMED LIVE INTO YOUR CLASSROOM

Facilitated inclusive yoga sessions modelled by an experienced practitioner to provide teachers with practical tips and ideas on how to incorporate movement and wellness breaks into the school day for children of all ages



LET'S  
CELEBRATE



Thursday 4th, 11th, 18th & 25th November @ 10.00 a.m.

Register:

[www.galwayec.ie](http://www.galwayec.ie)



**Tuam Education Centre**

IONAD OIDEACHAIS THUAMA

Ionad Oideachais Tacaíochta na Gaillimhe  
GALWAY EDUCATION SUPPORT CENTRE

