

**Holiday Group Jan 2025**

# **Pilates and Wellbeing Group**

**A 3-session Pilates and wellbeing program that increases strength, endurance, and gross motor skills, and helps to calm a busy mind!**



**Age: 10 years and up**

**Cost: \$161.65 per session, (total program \$484.95 )**

**Venue:**

**Early Start Australia,  
Coomera Clinic**

**Time:**

**2:00-3:00pm**

**Wednesday 8th, 15th &  
22nd January 2025**

Pilates is an effective and fun way to challenge your muscles and body systems, including balance and coordination. Wellbeing includes yoga, stretching, and mindfulness to work on attention span, focus, and stress.

The classes will include group activities and games to enhance social connections and let your little one practice all their skills in a safe and fun environment. We will also discuss techniques and strategies they can take home with them and continue to use at school, home, or anywhere they need them.

**Funding:** This service can be funded with NDIS groups programs funding allocation.

**Next steps:** Click [here](#) to register for this group. Or if you wish to discuss if this group is suitable for your child, please respond to this email or call our clinic.

If you are seeking individual therapy, or no longer require services, please let us know so we can update your details on the waitlist.

**Early Start Australia | QLD | Coomera**

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