



EXPRESS YOURSELF

act & sing
learn & grow
laugh & play
relax & focus
move & dance
share & listen
stretch & breathe
imagine & discover
create & communicate

CONSCIOUS KIDS' CLASSES

When:

Wednesdays

- 2:30 - 4:00 pm (6 - 9 yrs)
- 4:00 - 5:30 pm (10 - 13 yrs)

Where:

ERIN HALL - 8 Erin Road, Rondebosch

Cost:

1 class: R70

5 classes: R300

10 classes: R500

(Materials included)

To reserve your place or for more information, please contact:

Email: lisa@growatale.co.za

Phone: 083 644 4980

Each class includes:

- Speech and Drama
- Storytelling
- Creative-Movement
- Arts and Crafts
- Yoga

Classes are dynamic, lively and meaningful - a magical way for children to access imagination, express creativity and learn about themselves, each other and the world.

Lisa Cohen, the founder of Grow a Tale, is a storyteller, speech and drama teacher, children's yoga teacher and has a post-graduate degree in Clinical Psychology. She is an experienced and skilled facilitator and teacher and is passionate about working with children. She maintains a holistic approach to education, with an emphasis on personal development and creative expression.