

WHY US?

At Quest Yoga, we make yoga fun!

Our classes help children build physical, emotional, and cognitive skills in a nurturing, non-competitive setting.

Through a balance of structure and spontaneity, instructors use stories, songs, games, and poses to engage kids in multi-sensory learning.



CONTACT US

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**QUEST
YOGA**
YOGA FOR KIDS

**“EVERY CHILD
DESERVES THE
BEST”**



WWW.QUESTYOGA.COM.AU



BENEFITS

IMPROVES RANGE OF MOTION

No other form of exercise offers such a diverse range of movement and benefits.

IMPROVES HEALTH

Children's yoga strengthens the body, sharpens the mind, and deepens the breath—all in one practice.

IMPROVES SOCIAL INTERACTIONS

In children's yoga, mats aren't boundaries—partner poses, group activities, and creative expression are central to the experience.

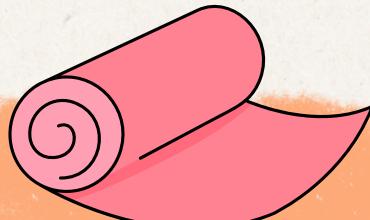
CREATES AWARENESS

Children's yoga nurtures self-awareness, empathy, and a deeper connection to the world around them.



OUR SERVICES

- Kids Yoga Classes
- Kids Yoga Holiday Program
- Yoga for Kids with Special Needs and Disability



QUEST YOGA

Be Limitless!

