

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

DATE: THURSDAY 31 JANUARY 2013

ATTENTION: Chiefs of Staff, News Directors



Kids get the bug for yoga at Active Launceston

Launceston parents and children will learn to stretch their bodies and their minds tomorrow (**Friday 1 February**) at the YogaBugs session at Rocherlea Primary School.

YogaBugs is just one of Active Launceston's offerings in the Active Parks series, running over two months until the end of March.

YogaBugs is creative yoga teaching children and adults how to stretch their bodies and imagination through relaxation, exercises, games and activities.

Active Launceston in conjunction with the Launceston City Council is holding seven free physical activity sessions in Launceston's beautiful community parks.

The initiative offers a range of free outdoor activities to residents of all ages. It is a great way to not only get active but meet new people in a relaxed environment and have fun.

Active Launceston manager Lucy Byrne said "we hope to see those who are less active at these sessions, as the program is designed for all fitness levels, from those who haven't exercised in a while, to those who don't exercise at all.

"For the first time this year we have sessions at Brickfields, the Gorge and Rocherlea Primary School, as it is important to provide not only a range of sessions but a variety of venues in order to make it easier for everyone to join in and get active."

Rocherlea Principal, Sharryn Crothers, said it was exciting to have the sessions taking place.

"It will be great for parents who will be able to drop off their children at school and stay for some yoga," she said.

"We are very pleased to be supporting the program."

Other Active Parks activities include Stretch and Strengthen, Fun and Fitness, Tai Chi, Yoga and Gentle Exercise. Details are available at:

www.activelaunceston.com.au

Active Parks is an opportunity for people to try a range of physical activities outdoors, encouraging the use of Launceston's beautiful parks and building social networks for residents of the city.

Information Released by:

The UTAS Communications and Media Office

Phone: (03) 6226 2691 or 0447 537 375

Email: Media.Office@utas.edu.au