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Move YO - Move, Stretch, Relax programme for young women and girls

Theme:
Youth




Co-authored by Sport Manawatu


Move YO - Move, Stretch, Relax programme for young women and girls


"I find that yoga is the best part of my week" ☺ Move YO - Move, Stretch, Relax is a programme for children and young people run by Emma Dickinson, supported by the Women's Network Whanganui and funded through Sport New Zealand's Tū Manawa Active Aotearoa fund (via Sport Whanganui).

Thanks to Emma, Charlotte, and Carla for chatting to us about this project - we look forward to seeing it grow in 2024!

[Check out the video here!](#)


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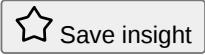
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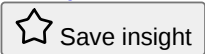
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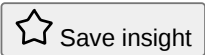
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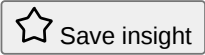
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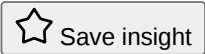
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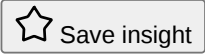
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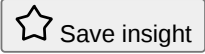
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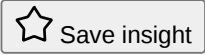
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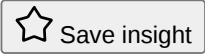
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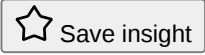
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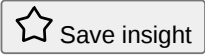
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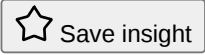
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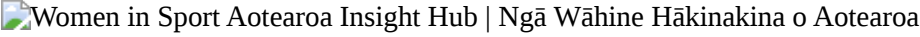
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