

Kids Yoga

Fletcher Hills Elementary, Grades K - 5
Room 20



Move. Breathe. Play. Relax.

Tuesdays, 1:05 - 2:05 p.m.

Instructor: Rachel Grisafi

Sign up now
Spots are limited

Yoga Rascals classes for children are imaginative, creative, and most importantly lots of fun! Students learn a variety of yoga poses, sun salutations, breathing, mindfulness, and relaxation techniques while traveling on exciting yoga adventures. Yoga Rascals classes aim at reducing stress, developing kindness, and nurturing a peaceful mindset. Students move in healthy ways to increase flexibility and strength, foster focus and concentration skills, and improve balance and coordination.

Fall Session: Aug 29 - Oct 31 • 8 classes

Winter Session: Nov 7 - Jan 23 • 8 classes

Spring Session I: Jan 30 - Mar 19 • 8 classes

Spring Session II: Apr 9 - May 28 • 8 classes

Tuition: \$120 / 3 payments of \$40

Siblings Discount: 10%

Registration

Online at www.yogarascals.com/registration
yogarascals.com

619-865-9506 call/text

yogarascals@gmail.com



Not a district sponsored activity