

Kids Yoga

Holmes Elementary
Room B-22



Move. Stretch. Play. Relax.

Wednesdays, 12:30 - 1:30 p.m.

Instructor: Lindyn Haney, RYT, RCYT

Yoga Rascals classes for children are imaginative, creative, and most importantly lots of fun! Students travel on a different yoga adventure every week while learning a variety of yoga poses, sun salutations, breathing, mindfulness, and relaxation techniques. Yoga Rascals classes aim at reducing stress, developing kindness, and nurturing a peaceful mindset – all while moving in playful ways.



**Sign up
now!**

Fall Session: Sept 6 - Oct 25 • 8 classes

Winter Session: Nov 1 - Jan 17 • 9 classes

Spring Session I: Jan 24 - Mar 13 • 8 classes

Spring Session II: Mar 20 - May 22 • 9 classes

No classes during holidays & school breaks

NEW! We will hold class during conference week.

Tuition: \$ 120 for 8 classes/\$135 for 9 classes

Siblings Discount: 10%

Registration

Register at yogarascals.com/after-school-yoga

yogarascals.com

619-865-9506 call/text

yogarascals@gmail.com



Not a district sponsored activity