# Kids Yoga

**Murdock Elementary • Room A-3**

**TUESDAYS, 1:15 - 2:15 p.m.**

## Move. Stretch. Play. Relax.

Sign up now

**Grades K-5**

Yoga Rascals - offering yoga for La Mesa families since 2007

Session 1: **Sep 1 - Nov 10**

Session 2: **Dec 1 - Mar 2**

Session 3: **Mar 9 - Jun 8**

Instructor: Hannah Lei Kruger

Get your child ready to move, stretch, and relax with Yoga Rascals! Our playful classes for children are imaginative, creative, and most importantly lots of fun! Students travel on exciting yoga adventures while learning a variety of yoga poses, sun salutations, breathing, mindfulness, and relaxation techniques. The program helps reduce stress, develop kindness and nurture a peaceful mindset. Children move in healthy ways, boosting flexibility, strength, focus, concentration, balance and coordination skills.

**Tuition:**
**$153** for 9 classes / Session 1
**$204** for 12 classes / Session 2 & 3
Pay in full or 3 payments
**Siblings Discount: 10%**
Inquire about scholarships at yogarascals@gmail.com

## Register today!

yogarascals.com/after-school-yoga

**yogarascals.com**
**619-865-9506 call/text**
**yogarascals@gmail.com**

living healthy and happy
Yoga Rascals

*Not a district sponsored activity*