Kids Yoga

St. Martin of Tours Academy, Grades K - 5

Move. Breathe. Play. Relax.

Tuesdays, 2:45 - 3:45 p.m.

Class location: Peace Garden
Instructor: Sünje O'Clancy, M.A., RCYT

Fall Session: Aug 23 - Dec 6 • 15 classes
No class on Nov 22
$15 per class
$225 total / 3 payments of $75

Registration

Online at www.yogarascals.com/register
Call 619.865.9506 for more information

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 an exciting yoga adventure.Yoga Rascals classes aim at reducing stress, developing kindness, and nurturing a peaceful mindset – all while having lots of fun.

This activity is operated in accordance with County of San Diego Health Orders and CDC recommendations for youth programs. Instructors are fully vaccinated& boosted.