Kids Yoga

Benchley-Weinberger Elementary
Grades K - 5

Move. Stretch. Play. Relax.

Sign up now

Thursdays, 2:30 - 3:30 p.m.

Session 1: **Aug 27 - Nov 5**

Session 2: Dec 3 - Feb 25

Session 3: Mar 11 - May 20

Register Today!

Tuition: $ 187 • 11 classes
Pay in full or 3 payments
Siblings Discount: 10%

Move, stretch, and relax with Yoga Rascals after school! Our playful classes for children are imaginative, creative, and 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.

Register at
yogarascals.com/after-school-yoga

Instructor:
Sünje O'Clancy, MA, E-RYT, RCYT

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

Not a district sponsored activity