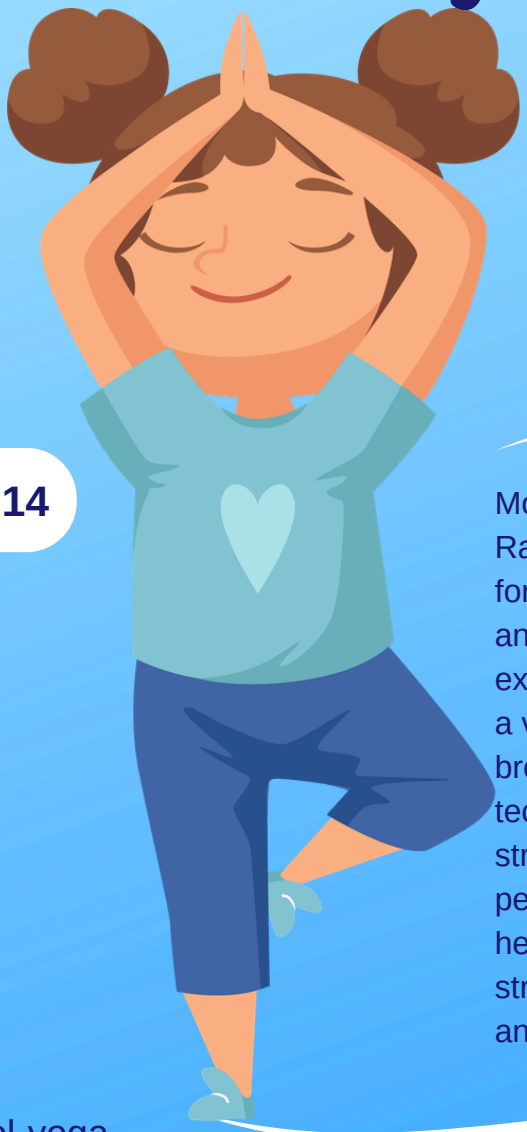
Kids Yoga

Curie Elementary • Grades K-5

Wednesdays • 12:25 - 1:25 p.m.

Move. Stretch. Play. Relax.

Sign up now



Session 1: **Aug 26 - Oct 14**

Session 2: Oct 21 - Jan 13
Session 3: Jan 20 - Mar 10
Session 4: Mar 17 - May 19

Register Today!

Tuition: $ 136 • 8 classes
Pay in full or 3 payments
Siblings Discount: 10%

Register at
yogarascals.com/after-school-yoga

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

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.

Instructor:
Rose Walters, RCYT, E-RYT

Not a district sponsored activity