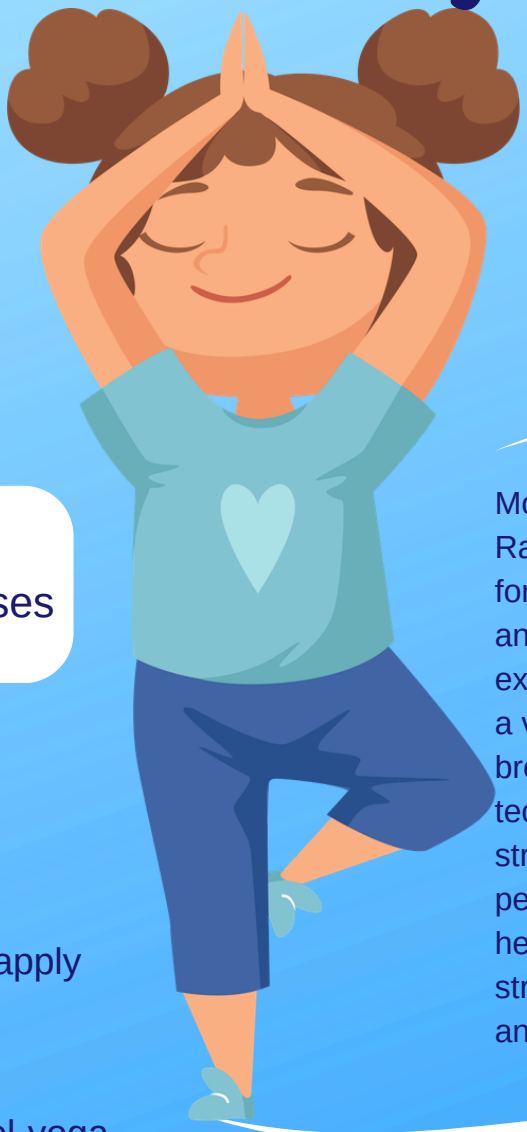
Kids Yoga

Doyle Elementary • Room 314 • Grades K-5

Wednesdays • 12:10 - 1:10 p.m.

Move. Stretch. Play. Relax.

Sign up now



Session 1:

Aug 26 - Oct 14 • 8 classes

Register Today!

Tuition: $ 136

Pay in full or 3 payments

Siblings Discount: 10%

Scholarships: 50% email to apply

Register at
yogarascals.com/after-school-yoga

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:
Sünje O'Clancy, MA, E-RYT, RCYT

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

Not a district sponsored activity