Kids Yoga

Fletcher Hills Elementary • Room K2

TUESDAYS • 1:05 - 2:05 p.m.

Move. Stretch. Play. Relax.

Sign up now

Session 1: Aug 18 - Oct 20

Session 2: Oct 27 - Jan 12

Session 3: Jan 19 - Mar 9

Session 4: Mar 16 - May 18

Register Today!

Tuition:
$136 • 8 classes
Pay in full or 3 payments
Siblings Discount: 10%
Scholarships: 50% email to apply

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:
Stephanie LaBue Robles, M.Ed, RCYT

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

living healthy and happy
Yoga Rascals

at Fletcher Hills since 2016

Not a district sponsored activity