Kids Yoga

Murray Manor Elementary • Room K2

TUESDAYS • 1:10 - 2:10 p.m.

Move. Stretch. Play. Relax.

Sign up now

Yoga Rascals has been offering yoga programs for MUM families since 2007

Session 1: Aug 25 - Oct 20

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

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 Today!

Tuition: $ 119 pay in full or 3 payments
Siblings Discount: 10%
Scholarships: 50% email to apply

Register at
yogarascals.com/after-school-yoga

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

living healthy and happy
Yoga Rascals

Not a district sponsored activity