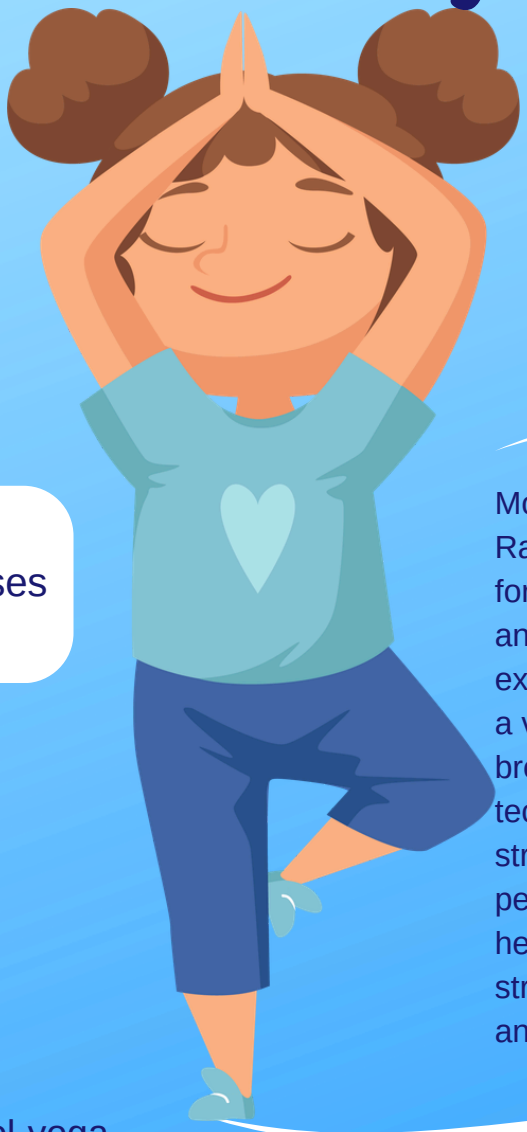
Kids Yoga

St. Martin of Tours Academy • Grades K-5

TUESDAYS • 2:45 - 3:45 p.m.

Move. Stretch. Play. Relax.

Sign up now



Fall Session:

Sep 1 - Dec 15 • 15 classes

No class Nov 24

Register Today!

Tuition: $ 255 total

3 payments of $85

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

Yoga Rascals @ SMA since 2018

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