

Kids Yoga



Albert Einstein Academy, Grades 1 - 5

Class location: 28th St. Park at the corner of Beech St.

Instructor picks up students at school at 12:30 p.m..

Parents pick up students at the park at 2:00 p.m.

SAY students: Instructor escorts students back to school

Move. Stretch. Play. Relax.

Wednesdays, 12:30 - 2:00 p.m.

Instructor: Sünje O'Clancy, M.A., RCYT

Yoga Rascals classes for children are imaginative, creative, and most importantly lots of fun! Students learn a variety of yoga poses, sun salutations, breathing, mindfulness, and relaxation techniques while traveling on an exciting yoga adventure. Yoga Rascals classes aim at reducing stress, developing kindness, and nurturing a peaceful mindset – all while moving playfully.



2023-24 Dates

Fall Session: Aug 30 - Dec 13 • 15 classes

Winter Session: Jan 10 - Mar 20 • 11 classes

Spring Session: Apr 10 - May 22 • 7 weeks

\$16 per class

Pay per session in full or make monthly payments

Tuition will be pro-rated if session has already started

Registration

Online at www.yogarascals.com/registration

Call 619.865.9506 for more information

yogarascals.com

619-865-9506 call/text

yogarascals@gmail.com

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