

Kids Yoga

Benchley Weinberger Elementary
Room 10 • Grades K - 5



Move. Stretch. Play. Relax.

Thursdays, 2:30 - 3:30 p.m.

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

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 exciting yoga adventures. Yoga Rascals classes aim at reducing stress, developing kindness, and nurturing a peaceful mindset. Students move in healthy ways to increase flexibility and strength, foster focus and concentration skills, and improve balance and coordination.



Fall Session: Sept 14 - Nov 2

Winter Session: Nov 9 - Jan 25

Spring Session I: Feb 1 - Mar 21

Spring Session II: Apr 11 - May 23

No classes during holidays, school breaks & conference week

**Sign up
now!**

Tuition: \$ 120

Siblings Discount: 10%

Registration

Register at yogarascals.com/after-school-yoga

yogarascals.com

619-865-9506 call/text

yogarascals@gmail.com

Not a district sponsored activity