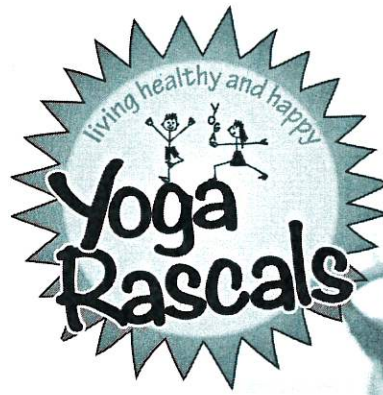


Kids Yoga

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

Get your child ready to twist, bend, and stretch with Yoga Rascals! Our classes for children are imaginative, creative, and most importantly lots of fun! Students travel on exciting yoga adventures while learning a variety of yoga poses, sun salutations, breathing, mindfulness, and relaxation techniques. The Yoga Rascals program helps reduce stress, develop kindness and nurture a peaceful mindset. Get your child moving in healthy ways, boosting flexibility, strength, focus, concentration, balance and coordination skills!

Spring Session begins next week

Register Today!

Spring Session: Feb 1 - Mar 21 • 8 classes

Tuition: \$ 120

Siblings Discount: 10%

Registration

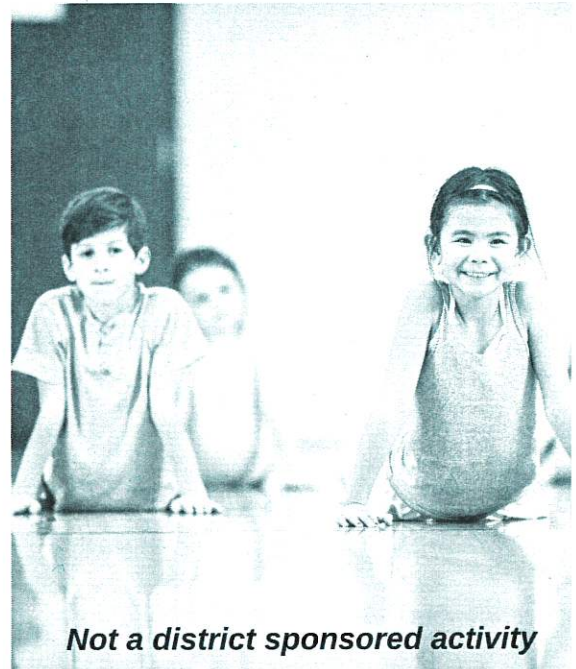
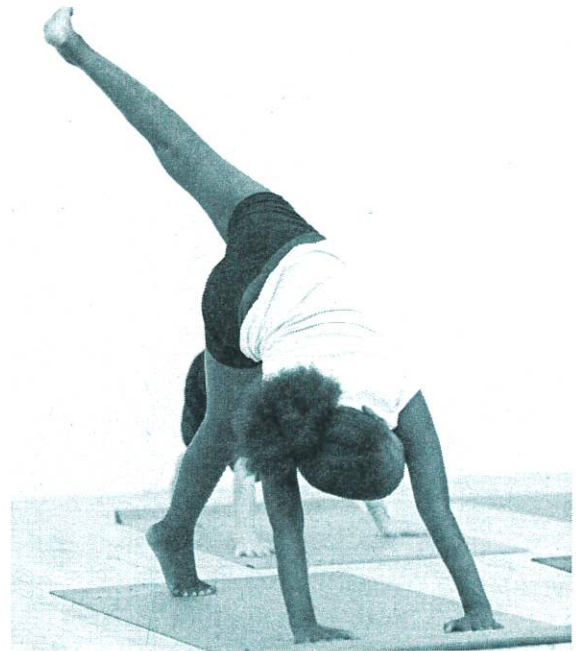
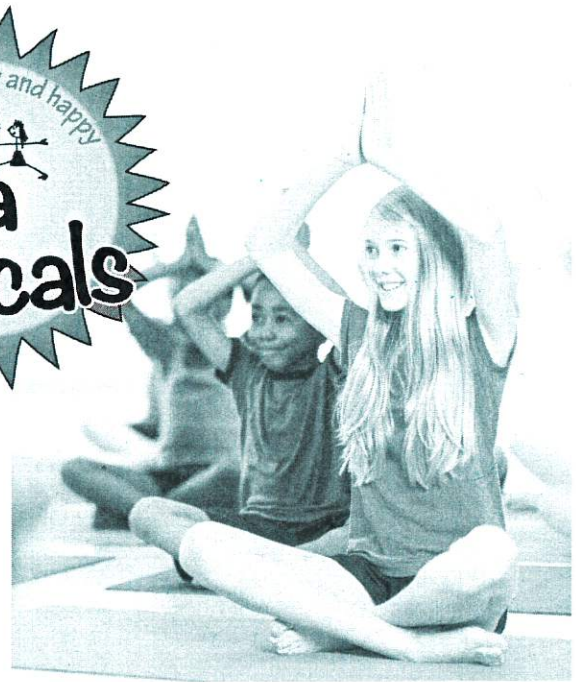


Register at yogarascals.com/after-school-yoga

yogarascals.com

619-865-9506 call/text

yogarascals@gmail.com



Not a district sponsored activity