

Kids Yoga

after school at Lewis

yoga playgrounds



yoga for kids

In these fun and active classes kids will stretch and energize their bodies and minds through individual and group poses, mindfulness games and creative relaxation techniques. Packed with **playfulness**, **positivity** and **fun**, these classes give kids the tools they need to manage their behaviors to lead **happier**, **healthier** and more **peaceful** lives.



- * Improve focus and concentration
- * Develop strength and coordination
- * Increase confidence and self esteem
- * Learn self calming techniques
- * Get a healthy body and mind
- * Have fun!

WHO:	Grades K-5
WHERE:	Lewis Elementary
DATES:	Sept 24 - Dec 17
DAY & TIME:	Tuesdays 3:00-4:00
COST:	\$180 / 12 classes
INFO:	hello@yogaplaygrounds.com / 541-778-4541

REGISTER
ONLINE!



yogaplaygrounds.com