

# 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.

## Move. Stretch. Play. Relax.

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

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

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 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.

## 2024-25 Session Dates

**Fall Session:** Aug 21 - Dec 18 • 17 classes

**Winter Session:** Jan 15 - Mar 19 • 10 classes

**Spring Session:** Apr 9 - May 28 • 8 classes

\$17 per class • *10% Siblings Discount*

Pay per session in full or make monthly payments

*Tuition will be pro-rated if session has already started*

## Registration

Online at [www.yogarasicals.com/registration](http://www.yogarasicals.com/registration)

Call 619.865.9506 for more information

[yogarasicals.com](http://yogarasicals.com)

619-865-9506 call/text

[yogarasicals@gmail.com](mailto:yogarasicals@gmail.com)



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