

# Kids Yoga

St. Martin of Tours Academy, Grades K - 5



## Move. Stretch. Play. Relax.

**Tuesdays, 2:45 - 3:45 p.m.**

Class location: Peace Garden / inside on cold days  
Instructor: Sünje O'Clancy, M.A., RCYT

**Fall Session: Sept 12 - Dec 5 • 12 classes**

*No class on Nov 21*

**\$15 per class**

\$180 total / 3 payments of \$60

## Registration

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

Call 619.865.9506 for more information

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 in playful ways.

