Kids Yoga
Benchley Weinberger Elementary
In the Library • Grades K - 5

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.

This activity is operated in accordance with County of San Diego Health Orders and CDC recommendations for youth programs. Instructors are fully vaccinated & boosted.

Session 2: Nov 10 - Jan 26 • 8 classes
Session 3: Feb 2 - Apr 6 • 8 classes
Session 4: Apr 13 - Jun 1 • 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