

KIDS YOGA

AT CEDAR MILL ELEMENTARY



REGISTER ONLINE:
WWW.YOGAPLAYGROUNDS.COM

yoga 
playgrounds

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.

Cedar Mill Elementary
Grades K-3
April 8 - May 27
Wednesdays 3:05-4:00
\$127

- Improve focus and concentration
- Increase confidence and self esteem
- Learn self calming techniques
- Have fun!



Register online: www.yogaplaygrounds.com
hello@yogaplaygrounds.com / 541-778-4541