

# KIDS YOGA

AT CEDAR MILL ELEMENTARY



REGISTER ONLINE:  
[WWW.YOGAPLAYGROUNDS.COM](http://WWW.YOGAPLAYGROUNDS.COM)

yoga   
playgrounds

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.

Cedar Mill Elementary

Tuesdays, 3:05-4:00

Jan 3 - March 21

Grades K-3

\$216

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



[hello@yogaplaygrounds.com](mailto:hello@yogaplaygrounds.com) / 503.807.9720

DISCLAIMER: The Beaverton School District does not sponsor or endorse the activities and/or information contained in this material.