

Kids Yoga

at Cooper Mountain

Winter 2024



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.



- *Improve focus and concentration
- *Develop strength and coordination
- *Increase confidence and self esteem
- *Learn self calming techniques
- *Get a healthy body and mind
- *Have fun!

WHO: Grades K-5
WHERE: Cooper Mountain Elementary
DATES: Jan 3 - Feb 21
DAY&TIME: Wednesday 3:05-4:00
COST: \$176 (8 classes)
INFO: hello@yogaplaygrounds.com / 503-807-9720

REGISTER
ONLINE!



yogaplaygrounds.com



SCAN ME