



Kids Yoga

after school at
Cedar Mill
Fall 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!

REGISTER
ONLINE!

yogaplaygrounds.com

WHO: Grades K-3
WHERE: Cedar Mill Elementary
DATES: Oct 8 - Dec 17 (no class Nov 26)
DAY&TIME: Tuesdays 2:50-3:50
COST: \$220 (10 classes)
INFO: hello@yogaplaygrounds.com
503-807-9720

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