



# Kids Yoga

after school at  
**Oak Hills**  
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](http://yogaplaygrounds.com)

**WHO:** Grades K-3  
**WHERE:** Oak Hills Elementary  
**DATES:** Oct 10 - Dec 19 (no class Nov 28)  
**DAY&TIME:** Thursdays 2:30-3:30  
**COST:** \$220 (10 classes)  
**INFO:** [hello@yogaplaygrounds.com](mailto:hello@yogaplaygrounds.com)  
503-807-9720

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