



# Kids Yoga

after school at  
**Springville**  
Winter 2025



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-5  
**WHERE:** Springville Elementary  
**DATES:** Jan 7 - Mar 18 (no class Feb 18)  
**DAY&TIME:** Tuesdays 2:50-3:50  
**COST:** \$240 (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.**