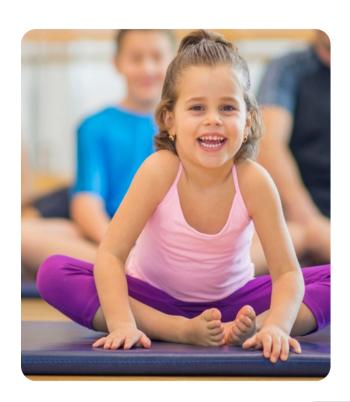
Kids Yoga

after school at **Cooper Mountain**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!



yogaplaygrounds.com

WHO: Grades K-5

WHERE: Cooper Mountain Elementary

DATES: Jan 8 - Mar 19

DAY&TIME: Wednesdays 2:50-3:50

COST: \$264 (11 classes)

INFO: hello@yogaplaygrounds.com

503-807-9720

yoga ••• playgrounds

