

Kids Yoga

at Rock Creek
Spring 2025

yoga 
playgrounds

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: Rock Creek Elementary
DATES: March 31 - May 19 (no class April 7, April 14)
DAY&TIME: Mondays 2:50-3:50
COST: \$144 (6 classes)
INFO: hello@yogaplaygrounds.com / 503-807-9720

REGISTER
ONLINE!



yogaplaygrounds.com



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