

# KIDS YOGA

AFTER SCHOOL AT ROCK CREEK

Fall 2025

yoga   
playgrounds



Improve Focus and  
Concentration

Learn Self Calming  
Techniques

Develop Strength  
and Coordination

Get a Healthy Body  
and Mind

Increase Confidence  
and Self Esteem

Have Fun!

**WHO:**

Grades K-5

**WHERE:**

Rock Creek Elementary

**DATES:**

Oct 7<sup>th</sup> - Dec 16<sup>th</sup>

(no class Nov 11, Nov 25)

**DAY & TIME:**

Tuesday 2:20-3:20

**COST:**

\$216 (9 classes)

503-807-9720

hello@yogaplaygrounds.com

www.yogaplaygrounds.com

**REGISTER  
TODAY!**

