

KIDS YOGA

AFTER SCHOOL AT COOPER MOUNTAIN

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:

Cooper Mountain Elementary

DATES:

Oct 2nd - Dec 18th

(no class Nov 27)

DAY & TIME:

Thursday 3:00-4:00

COST:

\$264 (11 classes)

503-807-9720

hello@yogaplaygrounds.com

www.yogaplaygrounds.com

**REGISTER
TODAY!**

