

Kids Yoga

after school at Bonny Slope
Winter 2026



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.



- * 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: Bonny Slope Elementary
DATES: Jan 7 - March 11
DAY&TIME: Wednesdays 3:00-4:00
COST: \$240 (10 classes)
INFO: hello@yogaplaygrounds.com / 503-807-9720

REGISTER
ONLINE!



yogaplaygrounds.com



SCAN ME