

# Kids Yoga

Cooper Mountain  
Winter 2026

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.



- \* 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: Cooper Mountain Elementary  
DATES: Jan 8 - March 12  
DAY&TIME: Thursdays 3:00-4:00  
COST: \$240 (10 classes)  
INFO: [hello@yogaplaygrounds.com](mailto:hello@yogaplaygrounds.com) / 503-807-9720

REGISTER  
ONLINE!



[yogaplaygrounds.com](http://yogaplaygrounds.com)



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