

Kids Yoga

after school at Rock Creek

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: Rock Creek Elementary
DATES: Jan 6 - March 17 (no class Jan 27)
DAY&TIME: Tuesdays 2:20-3:20
COST: \$240 (10 classes)
INFO: hello@yogaplaygrounds.com / 503-807-9720

REGISTER
ONLINE!



yogaplaygrounds.com



SCAN ME