

# Kids Yoga

after school at Bonny Slope  
Spring 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:** Bonny Slope Elementary  
**DATES:** April 1 - May 27 (no clas April 29)  
**DAY&TIME:** Wednesdays 3:00-4:00  
**COST:** \$192 (8 classes)  
**INFO:** [hello@yogaplaygrounds.com](mailto:hello@yogaplaygrounds.com) / 503-807-9720

**JOIN US FOR SUMMER CAMP TOO!**

REGISTER  
ONLINE!



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



SCAN ME

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