

After School Yoga at Clearspring Elementary

TUESDAYS 3:30-4:30 P.M. GRADES K-5



Stretch, breathe, and relax with yoga at Clearspring Elementary! Children will learn yoga poses, deep breathing, meditation, and relaxation techniques in a fun, interactive environment. Each class ends with a period of meditation and deep relaxation. Each child will need to bring their own yoga mat for yoga class.

11-week Fall Session
Tuesdays, 3:30-4:30 p.m.

September 24
October 1, 8, 15, 22, 29
November 12, 19
December 3, 10, 17

Cost: \$220

Early Registration Discount: Use code EARLYCES to take \$20 off class registration if registered by 9/14/24

Register online at: www.shiningkidsyoga.com/registration

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