

Kids Yoga



Albert Einstein Academy, Grades 1 - 5

Class location: 28th St. Park at the corner of Beech St.

Instructor picks up students at school at 12:30 p.m..

Parents pick up students at the park at 2:00 p.m.

Move. Stretch. Play. Relax.

Wednesdays, 12:30 - 2:00 p.m.

Instructor: Sünje O'Clancy, M.A., RCYT

Providing yoga classes for AEA families since 2007

Relax with Yoga Rascals after school! Our classes for children are imaginative, creative, and most importantly lots of fun! Students travel on exciting yoga adventures while learning a variety of yoga poses, sun salutations, breathing, mindfulness, and relaxation techniques. The program helps reduce stress, develop kindness and nurture a peaceful mindset. Children move in healthy ways, boosting flexibility, strength, focus, concentration, balance and coordination skills.

2025 - 26 Session Dates

Fall Session: Aug 20 - Dec 17 • 16 classes

Winter Session: Jan 14 - Mar 11 • 9 classes

Spring Session: Apr 8 - May 27 • 8 classes

No class during Conference Week

Tuition:

\$17 per class • 10% Siblings Discount

Pay per session in full or make monthly payments

Tuition will be pro-rated if session has already started

Registration

Online at www.yogarascals.com/registration

Call 619.865.9506 for more information

yogarascals.com

619-865-9506 call/text

yogarascals@gmail.com



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