

Kids Yoga Classes in North Park



@ Expressive Arts San Diego, 3201 Thorn Street

In our playful yoga classes children learn a myriad of yoga poses, as well as breathing and relaxation techniques. Practicing yoga regularly increases flexibility and strength, improves balance and coordination, develops focus and concentration, and promotes a positive self-image. Yoga Rascals classes aim at reducing stress, developing kindness, and nurturing a peaceful mindset – all while having lots of fun. ☺

March 18 – May 6, 2017

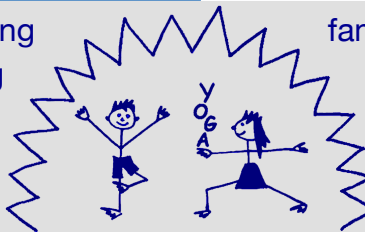
Saturdays • 9:00 – 10:00 am

8 weeks • \$120.00

Registration:

- go to **www.yogarascals.com**
- click on **Kids Yoga** under **Classes**
- click on blue **Register** button
- fill out registration form
- make payment under **Store** tab

Yoga Rascals has been serving 2007. Dedicated to enhancing creating a nurturing and fun supports development and their fullest potential. In 2016 winner of the influential Red



Yoga Rascals

living healthy & happy

families in San Diego County since children's lives through yoga by environment, Yoga Rascals learning so children may realize Yoga Rascals was the proud Tricycle's Totally Awesome Award.

619-865-9506 • info@yogarascals.com