

Yoga for Boys & Girls @ Albert Einstein Academy



In our playful yoga classes your child will 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. ☺



Wednesdays, 12:35 – 1:50 p.m. • 75 min

Jan 18 – Mar 15 • 9 weeks

Grades 1 – 5 • Room 1 • \$108.00

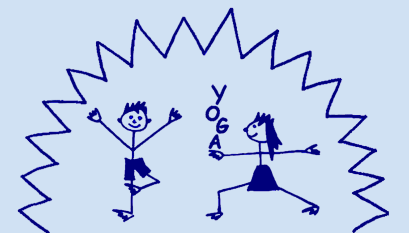
Limited scholarships available

Please bring a yoga mat and an eye pillow

Eye pillow may be ordered from Yoga Rascals at yogarascals.com - click on Store tab

Register by Jan 16, 2017:

1. Go to <http://www.yogarascals.com>
2. Click on [Registration Tab](#). Complete after-school yoga registration form. ***If you already filled out a registration form this school year, skip this step***
3. Click on [Store Tab](#) and select Albert Einstein Academy under **After-School Yoga**.
4. Order eye pillows and/or T-Shirts on the same page
5. We will send you a confirmation email.



Yoga Rascals

living healthy & happy

619-865-9506 • info@yogarascals.com • www.yogarascals.com