Yoga

Northmont Elementary

Thurs 2:25 - 3:25 pm • Room 24 Aug 30 - Nov 1 • 8 classes

Instructor: Rachel Grisafi

\$104 early bird

\$109 after 8/27 Scholarships available

Register

Registration

- Go to yogarascals.com
- Click on Registration
- Under After-School Yoga find Northmont Elementary
- Complete registration form
- Once you submit the form, the **Payment** page will open
- Order eye pillows & T-shirts as needed
- Pay by Aug 27 for early bird rate

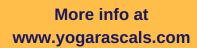
student will be added to the yoga class roster. Please bring a yoga mat and an eye pillow.

Rascals' Store.

Once you have completed your payment, Eye pillows may be ordered from Yoga

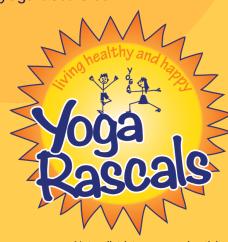


Enjoy a yoga adventure after school! Move, breathe, relax, and make new friends.



Serving La Mesa families since 2007

619-865-9506 call or text info@yogarascals.com



Not a district sponsored activity

