

# 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**

*Once you have completed your payment,  
student will be added to the yoga class roster.*

***Please bring a yoga mat and an eye pillow.***

*Eye pillows may be ordered from Yoga  
Rascals' Store.*



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



**More info at**

**[www.yogarascals.com](http://www.yogarascals.com)**

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619-865-9506 call or text

[info@yogarascals.com](mailto:info@yogarascals.com)



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