



Owls' Nest Yoga uses yoga poses to help children develop self-regulation, focus, and body awareness skills that support attention and learning in the classroom.



Owl's Nest Yoga

Pre-K - 2nd Grade

Yoga for Focus, Calm, and Growing Minds

With Certified Yoga Instructor:
Ms. Kelley Keenan Doss Dyslexia
Interventionist and Certified EC-6
Special Education Teacher

Scan to
Register!



For Questions please email me at:
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