

Teen Yoga Workshop



6 Week Series
Sundays 11a - 12:30p
Begins October 8, 2017
\$68 for all 6 classes
\$14 drop-in

This workshop series is offered for Teens to learn Yoga in action, on the mat and beyond. Teen years presents many challenges, this series will offer the support needed for this age group .
Join us for this wonderful opportunity!

- Learn tools for self-enquiry
- Learn breath work to counter balance stress and anxiety
- Learn tools for personal empowerment
- Experience yoga for creative expression
- Learn the value of sharing in a circle of support
- Experience the beauty of your own uniqueness
- Feel empowered for the opportunity for leadership



Parents if you wish to stay, there is a Yin Yoga class offered in studio A during this class time.

Instructor Shelly Coffman, RYT 200, Certified Aromatherapist, Holistic Health Coach

Register at the studio or online
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