

Teen Yoga

*For 12-18 year olds

Wednesdays 4pm-5pm
During School Term Dates
Free - No Charge

Hosted At



Yoga By



Includes:

- Tips for Reducing Stress and Overwhelm
- Beginners Guide to Yoga Postures and Breathing Exercises
- Group activities for increasing Self-esteem and Confidence
- Gratitude, Intension Setting, and Mind-Sight
- Guided Relaxations and Mindful Creations