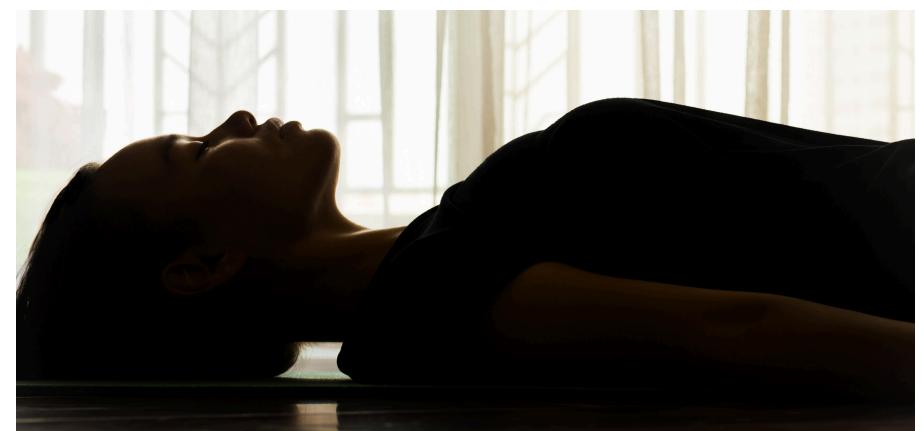
Teen Yoga

*For 12-18 year olds

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

Hosted At







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