GIRL'S YOGA - SPRING INTO ACTION SERIES!

<u>WHO</u>: Middle and High School Girls **<u>WHEN</u>: Fridays at 5:00**

<u>WHY GIRLS YOGA</u>?

- **Develop compassion and self-confidence**
- **Build trust, teamwork, focus, and a sense of peace from within**
- **Improve thinking, problem solving, attention, and emotional control**
- **Identify and replace negative thought patterns with positive affirmations**
- **Seek to be agents of peace in the world**
- **Play yoga games to support self-esteem, body image, nutrition, stress, anger, forgiveness, gratitude, anxiety, depression, and relationships**
- **Take home breathing tools to calm and energize**
- **Feel inspired to create goals and dream big**
- **Develop mutual respect**

Spaces Limited!

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Budding Yogis at Circle Yoga

Karma Kids Yoga

12 week series:

5/22 5/29 6/5

6/12 6/19 6/26

6 week package: $135.00