

TEEN YOGA & MINDFULNESS

Develop self-awareness, improve flexibility, and learn mindfulness techniques to manage stress, build emotional resilience, and find inner calm.



Ages 10-14 4:30-5:15 pm
Mondays: July 7, 14, 21 & 28
\$60 for All Sessions

Classes led by Sarah Lill, mom, educator and certified yoga teacher. Spots are limited, sign up today!

