

# Teen Yoga **Ages 13 and up**

BEGINS THURSDAY 10/4

Heart to Heart Children's Yoga &  
Mindfulness with Susan Rodichok  
Registered Children's Yoga Teacher

Fall Session includes 8 classes from  
5:30-6:15 pm on Thursdays



**Dates:**

**October 4, 11, 18, 25, and November 1, 8, 15, and 29**

**Cost: \$120 per session of 8 classes; payable at first class**

**Drop-in class fee: \$20**

**Registration: in advance with completed form to ensure a spot**

**IS your teen stressed out? Yoga might be the answer to help your teen cope with the daily stressors of life.**

**These classes offer teens a chance to connect to their body and their breath through yoga postures and breathing techniques. Studies have shown that yoga increases focus and concentration and offers techniques to calm the mind in people of all ages, especially teens.**



**CLASSES HELD AT AMBA YOGA CENTER**

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