



AN OPPORTUNITY TO CHILL OUT + RELAX

\$5 COUPON

Yoga 4 Teens is an opportunity to chill out with friends and relax. Get centered and tune into your body. Cultivate wellbeing and expand your community.

YOGA 4 TEENS
YOUTH 11-16 YEARS OLD

THURS 4:30-5:30 PM

**FIRST CLASS \$5
WITH COUPON**

THURSDAYS
4:30 - 5:30 pm
\$15 Drop In
\$55 Monthly Membership

LOCATION
Johansen Olympia Dance Center
412 Jefferson St SE
Olympia, WA 98501

LEARN MORE
KristenRubis.com/Yoga-4-Teens

Yoga 4 Teens offers youth 11-16 years old an opportunity to chill out, relax, tune into their bodies and have fun too!

Yoga is a healing art, designed to tone the body and release stress. Yoga 4 Teens will help keep the body and mind working together to build strength, flexibility, balance and concentration.

THESE SESSIONS CREATE AN OPPORTUNITY for youth to connect with their changing bodies, newly felt emotions and needs, while developing relationships with others going through similar experiences.

LED BY KRISTEN RUBIS — These weekly Thursday sessions include a short opening, breathing exercises and meditation with sound healing chimes, mindfulness, yoga postures, positive affirmations, social-emotional learning, community connection, a Y4T sticker, and a healthy snack to go.