



Super Fun

\$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 13-17 YEARS OLD

THURS 4:30-5:30 PM

FIRST CLASS FREE WITH COUPON

THURSDAYS
4:30 - 5:30 pm
\$10-20

LOCATION
FUSION
302 Columbia St NW
Olympia, WA 98501

LEARN MORE
KristenRubis.com/Yoga-4-Teens

Yoga 4 Teens offers youth 13-17 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.

This class creates an opportunity for youth to connect with their changing bodies, newly felt emotions and needs, while developing relationships with others going through similar experiences.

CLASSES INCLUDE a short opening, breath work 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.