

Yoga for Teens to 20's

Monday mornings beginning July 12

11:15am – 12:00pm

Yoga Studio

\$4 per class or \$10 for the 3 week July session



- ❖ Join Karen Hanf, RYT® for a yoga class JUST FOR YOUR AGE GROUP! Find out what yoga is all about and how YOU can benefit from yoga.
- ❖ Learn how to use yoga techniques to reduce the stress of school, work, or everyday life.
- ❖ Feel better about yourself no matter what shape you're in and what your physical activity level is – athlete or couch potato!
- ❖ Mats are available or bring your own
- ❖ Registration is open now!

For Office Use: Jul 10 05WELTNYOGA (3 week session) 05WELTNDROP (per class)

YMCA Mission: To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all.