

**TEEN YOGA WORKSHOP CLASSES**

Curious about yoga? Want to deal with stress and anxiety? Feeling creative? Looking to meet new friends?

Join a small group of other teens in grade 9-12 to explore yoga postures, learn communication skills, gain skills to combat stress and anxiety, discover your creative self through guided writing activities and expressive art and have fun taking care of YOU!

Open to **all** teens. No experience necessary. Come with an open mind and an open heart.

**Classes are Saturdays in June 2016: 6/4, 6/11, 6/18, 6/25 (1:00-2:15 pm)**

$10/class or $35 for entire series

(Classes limited to **10** students)

Bring water, a journal, and wear comfortable clothing.

Classes are held at Wind in the Willows Acupuncture and Wellness

42 Wabash Street on the West End of Pittsburgh

**Please RSVP by June 2**

www.finnevolutions.com