



# *Teen Yoga*

## *Skyland Church*

A great opportunity for teens to reduce stress, build strength and flexibility in both mind and body, and have fun with their peers!

No experience necessary and all middle and high school kids welcome.

Classes held at Skyland Church Thursdays 5.30 - 6.30pm on the following dates:

June: 22, 29.

July: 13,20,27

Aug: 3

Please note no class on July 6th.

Cost of classes \$80.00 for 6 weeks payable in advance via paypal.

Drop ins will \$15 per class, (only once a minimum of 8 student sign ups is reached)

**Bring a yoga mat.**

**Any questions please contact Julie:**

**[julie.moore.yoga@gmail.com](mailto:julie.moore.yoga@gmail.com)**

**408 466 5026**

**Please note: Teen Yoga is not sponsored by Loma Prieta Joint Union School District. This a privately run class by Julie Moore.**

