



Mindfulness & Movement

1st, 3rd, & 5th Tuesday

• 4:00-5:00 pm • 2nd Floor Teen Center

Join us on a journey to mindfulness through Vinyasa Yoga! We will awaken our strength and energy while also calming the body and mind. This stress reducing class is offered in a fun judgement free atmosphere. All materials will be provided. Comfortable clothing is recommended.

Open to ages
12-18

