



Teen Yoga with Stacy Mallow

A six week series beginning February 19th.

This introduction to yoga is designed to inspire and empower! Students will learn fundamental yoga postures in a supportive and non-competitive environment. We will increase flexibility, strength, and focus, build self-esteem, and learn how to reduce stress through relaxation techniques and breath work.

Classes will explore themes such as body image, choosing positive thoughts and actions, dealing with peer pressure, healthy coping strategies, and more! To help engage and inspire we will use creative reflection, expressive arts, journaling, and music.

All levels of experience are welcome!

- When:** Sundays February 19-March 25
Where: Ananda Shala, 34 S Market St, Frederick, MD
Time: 4:30-5:45 pm
Cost: \$65 for 6 weeks; drop-in rate \$16/class
Notes: Bring a journal or notebook and wear comfortable clothes.
Contact: Stacy at anandashala@mac.com for more information.

