

Yoga For Teens @ Vivacious Living Centre

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With Dr Talia Steed (MBBS)



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Why is Yoga so good for teens?

- ♥ It helps us deal with stress & the pressures of life at school, home & with our peers
- ♥ It builds self-confidence
- ♥ It enables us to learn skills to manage anxiety
- ♥ It teaches us how to be mindful, that is focus on living in the moment
- ♥ It is good for our flexibility & body awareness

Details

- ♥ Ages: 11-16y.o.
- ♥ Day/Date: To be confirmed depending on preferences of the group
- ♥ Time: @4pm
- ♥ Cost: \$60 for the 4-week series

- ♥ Limited places to create a small group atmosphere with a program tailored to meet the needs of the group