Introductory Yoga Class for Teen Girls

@ The Allegany Community Center

Ashtanga Yoga For Teen Girls

"Yoga promotes unification of body and mind, and as you practice, it will increase your awareness and your ability to look within, think for yourself, and trust yourself. The result is that you will feel more peaceful and self-confident during a period of rapid change. You'll be able to engage the world with a more positive outlook."

Ages 10-18

Benefits:

- Stress Management
- Healthy Body Image
- Boosts Self-Confidence
- Increases Physical, Mental and Emotional Health

Every Monday 6-7pm in the Aerobics room

***Starting September 14th**

***Ending October 26th**

For more info contact Karley Brooks @ The Allegany Community Center 3677 Administration Drive Salamanca, NY 14779 [illegible]