



# SUMMER TEEN YOGA SERIES

July 20, 27, Aug 3 & 10

Thursdays 5 to 6:15pm

Ages 12 - 18



Join Rachel Baker, RYT 200, and

- ☀️ Learn poses to help you "Chill Out"
- ☀️ Build muscle tone, flexibility, and strength
- ☀️ Discover ways to focus and bring balance to your mind and body
- ☀️ Practice relaxation, breath, and other stress management techniques
- ☀️ Develop your self-confidence and self-esteem
- ☀️ Meet other teens and have some fun!

**Registration Required**



GLENMORE YOGA &  
WELLNESS CENTER

10442 Ridgefield Parkway, Richmond, VA  
804.741.5267 \* [info@glenmoreyoga.com](mailto:info@glenmoreyoga.com)



No experience necessary

Individual class -- \$17    Monthly -- \$60

Bring a friend and Strike a Pose and save \$5 off month

All teens under the age of 18 must have a waiver form signed by a parent or guardian