

Yoga for Tweens!

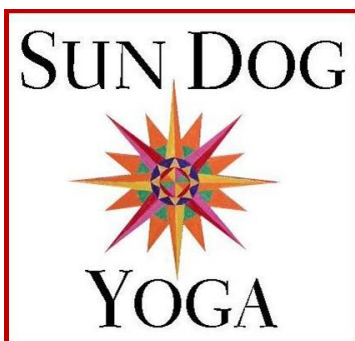


A workshop for kids ages 8-12 years with Jessica Pollner, RYT200

Saturday, April 21, 2018...1:00-2:15pm / \$15 fee

Being a “tween” can be a challenging time. Yoga can be a wonderful tool for this age-group as they navigate changing bodies, friendships and academic pressures. This workshop will offer an introduction to yoga postures, breath work and mindfulness. Students will be led through an asana practice and explore the connection between their breath and everyday stress; all in a safe, supportive and fun environment.

Jessica Pollner completed her 200hr RYT at Sun Dog Yoga Studio and is a Master’s Level Social Worker. She enjoys teaching yoga to those in transition; prenatal yoga, new moms, tweens and teens. A busy mom of three, she believes that yoga can bring something new and important to every age and stage of life.



Enroll in this fun workshop today!

Sign up at the front desk or online at sundogyogastudio.com
17 West State, Doylestown, PA 215-230-4031