

ZENERGY YOGA PRESENTS
MyYogaSpace Teen Yoga

WITH RACHEL WALSH

Ages 10-16

**Meets Thursdays, September 16-
November 4 from 4:00 p.m.—5:00 p.m.**



This 8-week program is designed to work with the expanding minds and maturing bodies of this unique age group. Independent and cooperative activities are offered to stimulate the physical strength, self-esteem and emotional balance of adolescence. Classes integrate traditional yoga poses, flowing sequences, relaxation, self-reflection, journaling and group discussion. Relaxation and breathing exercises are used to promote overall balance and concentration, which can be applied to academic, athletic, and social situations. Yoga is also a great form of exercise for athletes, promoting flexibility and decreasing risk for injury.



About the instructor: Miss Rachel has been teaching yoga for adults, kids and teens for the past 6 years. She is a dedicated and highly trained yoga practitioner with a true passion for teaching yoga and meditation to teens.

REGISTRATION:

\$72/ by 9/10; \$80 afterward

10% sibling discount

Sign up online [here](#)

Refunds will not be issued for no-shows and cancellations made less than one week prior to the workshop.

Space is limited, so register early to reserve your spot!

A minimum of 8 students is needed to run the program.

www.zenergyyoga.net 480.628.1453

MyYogaSpace 8-Week Program Participant Registration Form

Participant #1 _____ Email: _____

Participant #2 _____ Email: _____

Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Payment Check Check Number _____ Amount \$ _____

Charge Type _____ Amount \$ _____

Card Number _____ 3-digit Code: _____ Exp. Date: _____

SIGN UP ONLINE [HERE](#) OR MAIL OR FAX REGISTRATION TO:

Zenergy Yoga (located in North Scottsdale, inside AZ on the Rocks)

16447 N. 91st Street, Suite 105 ☎ Scottsdale, Arizona 85260 ☎ P - 480.628.1453 ☎ F - 480.473.2379

☎ www.zenergyyoga.net ☎ ali@zenergyyoga.net