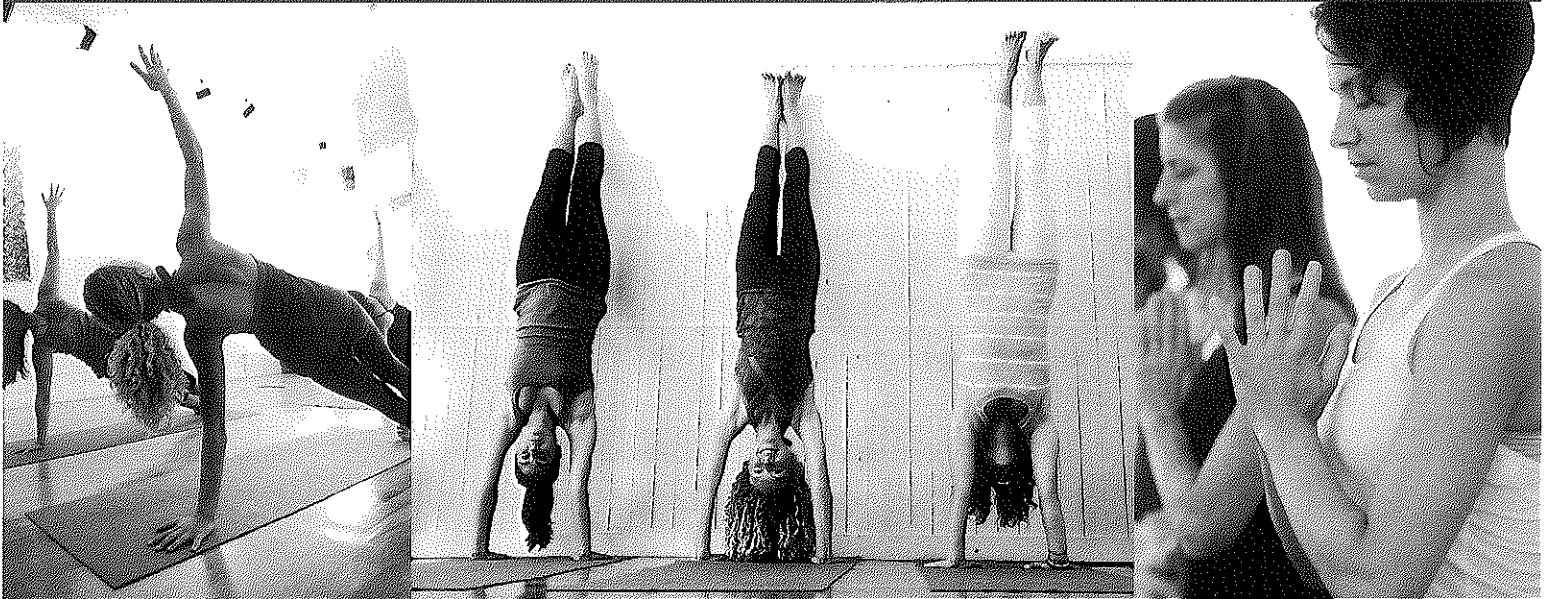


MAJESTIC YOGA CENTER



GIRL'S TEEN YOGA

Wednesdays 3:30-4:45pm

with Jennifer Miles / September 10 - December 17

Drop in \$14 / 14-week series: \$182

For teen girls we offer classes that foster personal development in a light hearted and lively group setting. In this 75-minute Vinyasa style class, we will practice yoga postures, yoga breathing techniques, and restorative postures that aim to build self confidence and strong, fit bodies. Step into our teen classes and experience the supportive power of yoga. This class is a serene oasis in the teen girl's busy academic and personal life.

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