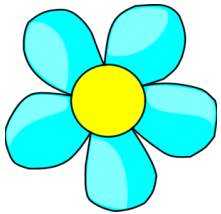


Tween Yoga Bootcamp

July 9-13

1:00pm - 2:30pm

This series has it all. It's perfect for dancers, swimmers, gymnasts and anyone else looking to increase strength and flexibility over the summer.



- 30 minutes power yoga
- 30 minutes balance and core
- 15 minutes stretching and savasana
- 15 minutes journaling, reflection and discussion

It's a week your tween/teen will never forget.
Recommended age 10-15 years old.

Early Bird Pricing - \$80/Tween
After June 25 - \$95/Tween
at Yoga You4ia



Minimum registration required.

For more information please email Jessica at jessica@yogayou4ia.com.