

# Stress Reduction Classes for Teens

## *Beverly Yoga Center*

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[www.beverlyyogacenter.com](http://www.beverlyyogacenter.com)

Teens are under significant amounts of stress today with the pressures of college, extra curricular activities, school, and relationships. Stress shows up in their life as anxiety, restlessness, fatigue, irritability, or sleeplessness.

The stress reduction classes at the **Beverly Yoga Center** help to address the impacts of stress through relaxation techniques that include meditation, guided visualizations, breathing exercises, restorative yoga, and mind/body awareness. These sessions help young adults achieve peacefulness and calm, as well as improved overall physical health.

Carly Carney is the founder of the Beverly Yoga Center that opened in 2006. Carly has been studying yoga and meditation for 10 years. She believes that through the practice of yoga and meditation we develop kindness, acceptance, compassion and peace that extends beyond ourselves and out to our family, friends, community and world.

Before teaching yoga, Carly was the founder of *Beyond Shoes*, a non profit organization that collected used running shoes for children in Kenya. She was also the director of a high school literacy program in the Chicago Public Schools.

Classes can be taught privately or in a group setting. The cost is \$65 per session. If you have questions or would like more information please contact Carly Carney at the Beverly Yoga Center.