



January 10, 17, 24, 31

4-WEEK SERIES with Maureen Collins

Girl Power Yoga and Mindfulness classes bring girls ages 7-12 together to connect, laugh, move and find strength and inspiration through yoga and mindfulness! Each week girls enjoy yoga and mindfulness through individual and partner poses, breathing techniques, cooperative games, creative expression, relaxation and mindful eating. They gain important lifelong tools to connect with their inner-selves, manage stress and build self-confidence and compassion. Girls are empowered through weekly themes to develop inner and outer strength, celebrate individuality and make a positive impact on their communities and the world.

Girls ages 7-12

Past attendees are welcome! Each series offers fresh themes and activities.

\$60 for four-week series before January 5, \$70 after

Advance registration required.



May the practice of yoga and meditation cultivate kindness, compassion and care for your mind, body and heart.

1917 West 103rd Street | 2nd floor | www.beverlyyogacenter.com

Thursdays
5:30-6:30pm

SESSION ACTIVITIES

**Vision Board, Journaling,
and Mindfulness Crafts!**

WEEKLY THEMES

WEEK 1

**New Year
Empowerment**

WEEK 2

**Healthy Choices
Inside & Out**

WEEK 3

Kindness and Gratitude

WEEK 4

I Can Make a Difference!