

Teen Girls Yoga Class



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Join us for a **FREE 6 week virtual yoga** series for girls ages 14-18 to learn the basics of yoga, techniques to manage stress, and create healthy routines.

Sundays @ 11am 3/28-5/2

Register at: <https://bit.ly/2MQKDFY>

Email: contact@boameyoga.com (with any questions)

www.boameyoga.com

This class is made possible by the Mutual Assistance Network-Black Child Legacy



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