

Yoga4Teens

Sponsored by



Our mission is to build a safe, supportive, community for our teens to find healthy tools that will support them throughout their lives. We work to educate through discussion and experiential yoga practices so teens can better understand the practice of yoga and how it can benefit them physically, mentally, and spiritually.

**Thursday's
5:30 - 6:30 PM
The Camel Clubhouse
117 W. Ward St. 2nd Fl.
Hightstown NJ**

INSTRUCTOR:
Gwen Rebbeck E-RYT 500
Founder of Yoga4Sobriety
Yoga4Sobriety.com
gwenr@yoga4sobriety.com

Parental Consent Required