

# YOGA4TEENS

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**The 1-hour TEEN practice includes a 45-minute yoga class and 15-minute discussion time after class.**

**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.**



**INSTRUCTOR: Gwen Rebbeck E-RYT 500**

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**Wednesdays**

**7 - 8:00 PM**

**Ages 13 - 17**

**Parental Consent Required**

**FREE OF CHARGE | COURTESY OF I.C.A.R.E**

**The Camel Clubhouse**

**117 W. Ward Street**

**Second Floor**

**Hightstown NJ 08520**

**Located above the 4 Seasons Deli Cafe**

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