



# Teen Girls Yoga & Wellness Program



## What can I expect?

- An open and judgment free place to learn more about yoga and wellness
- Weekly mantras or intentions to focus on for the week as well as activities to instill motivation and creativity
- Introduction to various types of yoga and poses, including: Vinyasa, Iyengar, Hatha, Yin and Restorative
- Introduction to all the bodies energy locks, and learning the benefits and uses of each
- Meditation including weekly breathing exercises and relaxation techniques to calm and energize

## Who is this program for?

- Anyone who wants to build self-confidence, self-worth, concentration, compassion, presence and intuition
- Someone who wants to learn more about strength, flexibility, breathe awareness, stability and balance, and energy
- Teen girls who are looking for more physical and social interactions

## What are the benefits?

- Yoga cultivates skills in order to excel in happiness and maturity in life
- Gives teens the space and opportunity to explore their bodies, their awareness, and their mindfulness
- Give teens the ability to self-soothe when things get tough

## What is the cost?

- 4 week session \$150
- Workbook and materials included

## Get started with the next class:

You can call 402-934-1617 to sign up or go online at [omahaic.com](http://omahaic.com). Questions you can call or email Stevie Jelden at [s.jelden@omahaic.com](mailto:s.jelden@omahaic.com).