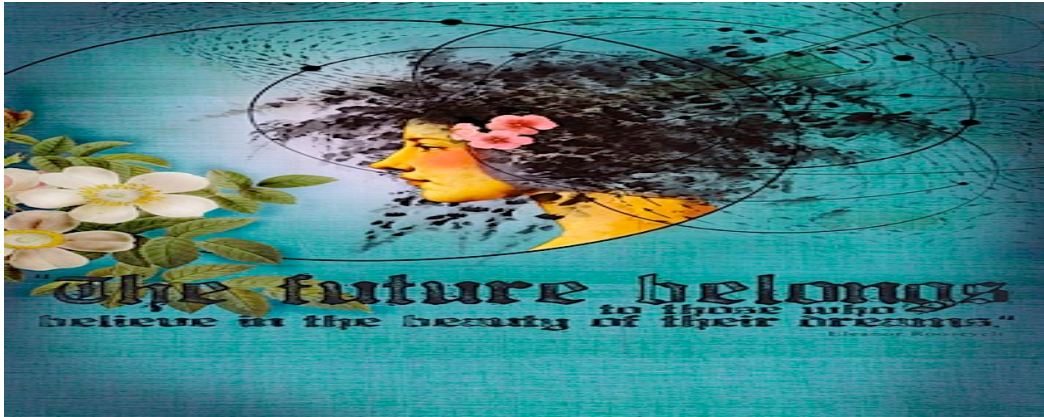


YOGA FOR TEENS

Yoga is like drinking a mocha frappuccino,
only without the caffeine.



Studying for the upcoming math exam, catching up on the Friday night gossip, attending after school practices, updating your Facebook status...the American teen is constantly on the Go, and stress can easily sneak into the book bag.

The Teen Yoga Class at Barefoot Works welcomes all teens to give out that school-time stress with some deep breathing and an asana (physical) yoga practice. Escape to the yoga mat where you can shake off classroom fatigue, un-clutter your mind, and cultivate energy to go forth and take on the world!

When: Tuesdays from 4:00 to 5:00 pm – Class begins Feb. 23!

Price: \$10

What you need to bring: Your fabulous self and comfortable, stretchy exercise clothes.

Where: 2891 Richmond Rd. Suite 202
859.433.7787
www.BarefootWorks.com

