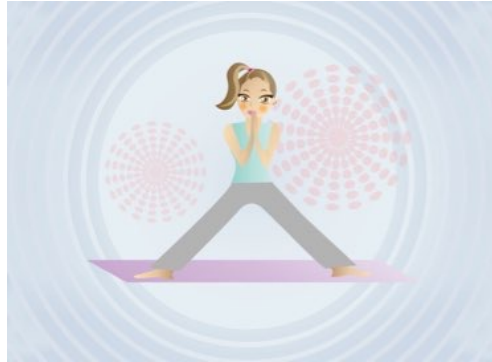


# Teen Yoga Girl

Yoga classes for girls, ages 12-17

\*Mondays, Wednesdays, & Fridays 10a-1130p

\*beginning, Monday 6/29....



- experience a class JUST FOR GIRLS like you!
- build flexibility, strength, and friendship through Power Vinyasa Flow classes
- enjoy a Yoga class that will incorporate creative and mindful experiences through expressive art, music, and journal writing

#### WHAT TO BRING:

- a Yoga Mat, if you have one; we will have a few for rent (\$2)
- a Journal
- a Writing utensil/pen/pencil/etc.

#### WHAT TO WEAR:

- comfy clothing; stuff you can move in comfortably and aren't afraid to get your sweat-on in

#### WHAT TO EXPECT:

- a fun, expressive, and wonderful time on your mat with girls JUST LIKE YOU!

#### YOUR INSTRUCTORS:

Mondays/Wednesdays with Veronica  
Fridays with Jessica

10 classes \$150  
20 classes \$250  
1 class/drop-in \$25

## BeYOUTiful with Yoga!!!

ChicagoFitLife - 541 Northwest Pkwy

847-243-4168