



Don't Miss
Out on
Your
Chance to
Learn
Yoga This
Summer!

Enhances
Flexibility

Builds
Strength

Improves
Concentration

Appropriate
for all Levels!

Inspiring Wings Yoga 4 Teens

Mondays @
The Madison Arts Barn
3:30 – 4:30 pm
7/16 , 7/23, 7/30, 8/13, 8/20
5 WEEKS
Ages 12 - 17

Instructor: Karen Gomez, Yoga and Wellness Coach
Founder of *We AreThe ONES Wellness and Coaching*
and *Inspiring Wings Yoga for Teens*



Yoga is a gentle, non-competitive form of exercise that promotes strength and flexibility while teaching you how to relax, concentrate and quiet your mind. It works on the whole body and teaches you how to keep the body fit for life. Yoga is also very beneficial for those who are involved in sports, dance or anyone interested in making lasting changes in their life.

www.we-are-the-ones.com

