



Yoga and Mindfulness for Girls

Winter 2025, 7 sessions, \$112
Jan 17 - March 7, FRIDAYS
(skip Jan 31)
9-11 yrs old : 2:00 - 3:00 PM
Middle School Age: 3:15 - 4:15 PM
At 3311 NW Polk Ave, (Quaker Friends Meetinghouse)
Questions are welcome!



This class is a blend of yoga and mindfulness with a focus on social and emotional issues that effect children who identify as girls.

Likely topics are self-esteem, goals for healthy living, strength, self care, and friendship.

Tracy Erwin is a certified youth yoga instructor who works with young people in public schools and private studios. She lives in Corvallis with her spouse, teenager and two yoga kitties.



**For more information or to register,
contact:
yogagardenoregon@gmail.com**