



# Yoga and Mindfulness for Girls

**Spring, 8 sessions, \$128**  
**April 11- June 6, FRIDAYS**  
**(skip May 9)**  
**8-11 yrs old : 2:00 - 3:00 PM**  
**Middle School/Teens: 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 activities 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](mailto:yogagardenoregon@gmail.com)**