

# TEEN YOGA



**YOGA Helps Teens Succeed In All Sports  
With Balance, Flexibility & Focus!**

- Strengthen & Tone
- Release Stress
- Excel At Studies
- Balanced Eating



**Teen YOGA**  
Sep 24th - Oct 22nd  
Friday 4:30pm - 5:30pm



Serenity Yoga . 720 East 22nd St . Yuma . Az 85365