

# YOGA 4 TEENS

*Young women, ages 13-19*

All levels welcome!



## Every Tuesday

12 p.m. - 1 p.m.



This one hour class will be specially designed for young women ages 13-19...the class will be for beginners, though those with yoga experience are welcome. The focus will be on how to connect to the body and mind through movement and modern music.

## VINYASA LOUNGE

125 Richmond St., El Segundo, Ca.

For more info, call Dani at  
805-704-7229 or email [daniyoga@live.com](mailto:daniyoga@live.com)

Classes are run on student's donations,  
\$14 suggested donation.

