

YogaChill    yoga & meditation for youth



YOGA TREE  
11 Victoria Street,  
Stanthorpe

Fridays 4.30 – 5.30 pm  
\$10 casual class  
8 week course pass \$70

This is a fun and active series of classes for teens that have been especially developed for the needs of young adults. The classes are sequenced to assist teenagers to

- Develop strength and flexibility
- Improve focus and concentration
- Become more centred
- Develop discipline
- Improve posture
- Enhance sense of self
- Cope with tensions
- Have fun
- Relax and take a Breather

Mindfulness based yoga movement, breath work and meditation are included in classes, creating the perfect activity to take teens through change with strength, compassion and enhanced self-esteem.

For further information and bookings contact:

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