



Teens In Transition:

Eight weeks of Yoga and Empowerment!

The progression to high school can be an unusually stressful experience for teens. This transition can cause anxiety, moodiness, angry outbursts or withdrawal from friends and family.

Teens in Transition is a therapeutic yoga class which meets once a week to assist teens in reducing stress, increasing body awareness and creating community through breathing, exercises, meditation, and journaling. Classes will be held at the Youth Services building. Wednesdays 6:00 to 7:30 PM starting 2/26 due to snow days!

The cost for the entire series is \$40. Registration is required through Granby Youth Services at 860.844.5355.

Benefits of Therapeutic Yoga

- builds and lengthens muscles
- develops understanding of body mechanics and ideal posture
- draws attention to the breath to elicit relaxation and focus
- encourages self-trust by valuing one's internal voice
- allows teens to experience a sense of unity and space around their concerns
- provides techniques for redirecting thoughts and calming the nervous system
- helps self image develop free of media and other cultural influences
- provides a healthy way to experiment, take risks and explore the body