



# Yoga and Mindfulness for Girls

**Winter, 8 sessions, \$144  
Starts January 9th, FRIDAYS  
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 Tracy at -  
[yogagardenoregon@gmail.com](mailto:yogagardenoregon@gmail.com)**

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