

# Yoga and Mindfulness for Girls



Winter 2024, 10-Friday sessions, \$18/session, includes supplies  
For girls ages 8-12

Jan. 5th - March 8th, 2-3pm

3311 NW Polk Ave (Quaker Friends Meetinghouse)

Questions are welcome!

This class is a blend of yoga and mindfulness with a focus on social-emotional issues that affect children who identify as girls. Likely topics are authenticity, self-esteem, goals for healthy living, strength, self-care, and friendship. Contact me if interested in other classes.



Tracy Erwin is a certified youth yoga instructor who loves working with young people in public schools and private studios. She lives in Corvallis with her husband and 14-yr-old daughter and practices yoga daily with the help of her two kitties.

**For more information or to register, contact:**  
[yogagardenoregon@gmail.com](mailto:yogagardenoregon@gmail.com)

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