



TENTH GATE YOGA

GLEN VIEW . 1046 East Main Road . Portsmouth . Rhode Island 02871



Teacher: Lynda West

Lynda is a student of ChildLight Yoga working with children ages three to pre-teen and recently completed the Radiant Child Yoga® Teacher Training Program. She has been part of the health and wellness community for over ten years. Lynda holds certifications in Personal Training, Group Fitness Aerobics, Kickboxing, Pre/Post Natal Fitness and Nutrition. She is the creative mind/teacher behind *Moms In Motion*, a popular pre/post natal program in Newport. Raising four children of her own, has brought her to her dream of sharing the yoga experience with young minds.

Yoga Night for Tweens (ages 9-12)



FEE: \$15

(Class Cards can not be used for this event.)

Friday, January 27, 2011

7:00 - 8:30 p.m.

The journey between childhood and teenager-status can be both a fantastic and difficult adventure. Most tweens associate relaxing with watching television, playing video games and computer time. Yoga can offer your tween-ager a way to chill out and get in tune with their bodies in a positive, fun and non-competitive way.

The class will follow Vinyasa flow poses to help with flexibility, strength and endurance. We will also use Kundalini warm ups and breath work. Yoga for this age group will focus on emotional control, self confidence and body awareness.

Register online at www.tenthgateyogacenter.com

401.683.YOGA (9642)