

# Self-care and Self-esteem Workshop

## Yoga and Mindfulness for Teen Girls



April 30th, Sunday 3 - 5pm, \$35  
3311 NW Polk Ave  
Reservations in advance  
Questions are welcome!

This 2-hour workshop is a blend of yoga and mindfulness with a focus on skills to promote self-esteem and self-care. No prior yoga experience required.



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)