

Yoga and Mindfulness for Girls



Spring 2023, 7-sessions, \$112

Fridays 2-3pm

April 14th to May 26th

3311 NW Polk Ave

Questions are welcome!

This spring class is a blend of yoga and mindfulness with a focus on social-emotional issues that affect girls. Likely topics are authenticity, self-esteem, goals for healthy living, strength, self-care, and friendship.



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 13-yr-old daughter and practices yoga daily with the help of her two kitties.

For more information or to register, contact:
yogagardenoregon@gmail.com